

Unit 7: Breaking Patterns - Letting Go to Move Forward

≡ Components	Discussion Forum Reading Video Written Assignment
≡ Duration	35 min
≡ Notes	Childhood trauma patterns, change approach or let go. Pattern-Breaking Plan (400+ words)
✓ SOU Evidence	<input checked="" type="checkbox"/>
⌚ Section	Module 3
⌘ Status	Not Started
≡ Subsection	Pattern Interruption