









# Unit 7: Breaking Patterns - Letting Go to Move Forward

 Components	<div>Discussion Forum</div> <div>Reading</div> <div>Video</div> <div>Written Assignment</div>
 Duration	35 min
 Notes	Childhood trauma patterns, change approach or let go. Pattern-Breaking Plan (400+ words)
 SOU Evidence	
 Section	Module 3
 Status	Not Started
 Subsection	Pattern Interruption