

I'm an

I'm Getting Better
at

My Attachment Style

When I'm upset,
please DO

My Love Language is

1

14

3

12

On Bad Days Or If
I'm in a Bad Mood

When I'm upset or triggered, it's my job to notice it and take care of myself.

What I can do is

When I was a kid...

As a kid I escaped
my troubles by

So I'm triggered by

And I'd often get
lost in

5

10

7

8

I'm Really Good at

I feel most intimate when

My Spirit Animal

My Hogwarts House

13

2

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Now, when I'm
overwhelmed or
triggered
I react by

I Selfcare By

When I'm upset,
please DON'T

I'm Happiest When

9

6

11

4

Printing & Making Your Owner's Manual

1. Print front and back so pages 1 & 2 end up on the same piece of paper. For example: my printer settings are:

Print both sides. Flip on Short Edge.

2. Cut the page in to 4 quarters by cutting it in half twice; once horizontally and once vertically. (So 1 and 14 are on a piece, 3 & 12, 5 & 10, and 7 & 8.) I recommend using a paper cutter set to 5.5" and then 4.25". Otherwise, fold page in half twice, unfold and use the folds as guides to cut on with scissors.

3. Stack up the 4 smaller pieces of paper using the page numbers (1,3,5,7 will stack from bottom to top with 7 & 8 becoming the center of the book.

4. Fold the stack in half to make a booklet.

5. Have Fun! Fill in each page with a gel pens, stickers, colored pencils, glitter, and whatever feels right!

6. Optional: add a staple or two on the spine to create a binding. Share it with #MyOwnersManual. Enjoy!