



**BRAVE**  Global®  
A Catalytic Movement for Youth

# Have you ever heard the phrase "Your body is your temple?"



## **What does it mean to take care of my temple?**

For starters, it would probably be wise to stay away from harmful unhealthy behaviors. What falls in the unhealthy category? Really, it is anything that brings harm to your body or mind. A list would include: alcohol, harmful substances, pornography, lustful thoughts and behaviors, harmful thoughts about yourself or others, a bad diet, harming yourself in any way, etc.

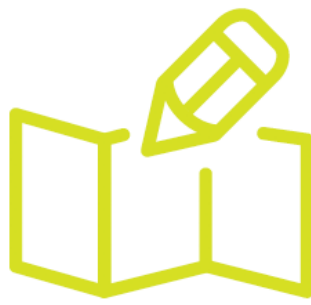
You should never let anyone touch you in a way that makes you uncomfortable. If this has happened to you, it would be helpful if you tapped into your courage and talked to an adult that you trust. This part isn't easy, but it gets better once the hurt isn't a secret.

If you have been hurt or abused in any way, it is not your fault. This might be weighing heavy on you, but there is freedom in the truth! God loves you so much and wants to heal you. Stand firm and speak up today.

Taking care of yourself is crucial to your incredible future. The decisions we make today change the stories we will tell tomorrow. Our words, thoughts, and actions matter; your life depends on it.

*Can you think of anything harming your "temple" that you either have the power to stop or tell someone about to seek help?*

***Write it below:***



Everyone has a story. In many of those stories, there's hurt, shame, or guilt that comes from what has happened in the past. But there is good news! Those negative feelings do not have to define us. No matter what has been, we are new creations. Every day is a fresh start. No matter what you have done or what has been done to you, you can have a new start.

We all have feelings. They are as real as we feel them. Our feelings are strong forces of good or bad. They can cause us to love in a powerful way or treat someone terribly. The beauty of our feelings is that we have power over them. We need to be masters over our feelings. Our feelings don't control us, we control our feelings. When you get upset, you have the power to stop, breathe, and remove yourself in a peaceful manner until you calm down.

## AWARENESS IS KEY!

*Are you aware of **situations, people or places** that make you feel a certain way, either bad or good? Write them here and then use the chart on the next page to help with your reactions to those feelings.*

\_\_\_\_\_ *makes me feel* \_\_\_\_\_.

\_\_\_\_\_ *makes me feel* \_\_\_\_\_.

\_\_\_\_\_ *makes me feel* \_\_\_\_\_.

\_\_\_\_\_ *makes me feel* \_\_\_\_\_.

TRUE THOUGHT

How do you handle feeling tired, anxious, or stressed out? Many people do negative things to combat these feelings—sometimes people eat their feelings, hurt their bodies, or seek out physical attention from others to forget or minimize pain in their lives.

TRUE ACT

What are some positive things you do as a reaction to these feelings? What are some negative things you do? What are some positive things that you would like to start doing as a response to these kinds of feelings?

**Positive reactions  
to negative feelings:**

**Negative reactions  
to negative feelings:**



# HEALTHY WAYS TO EXPRESS YOURSELF

## TWO PATHS TO TAKE

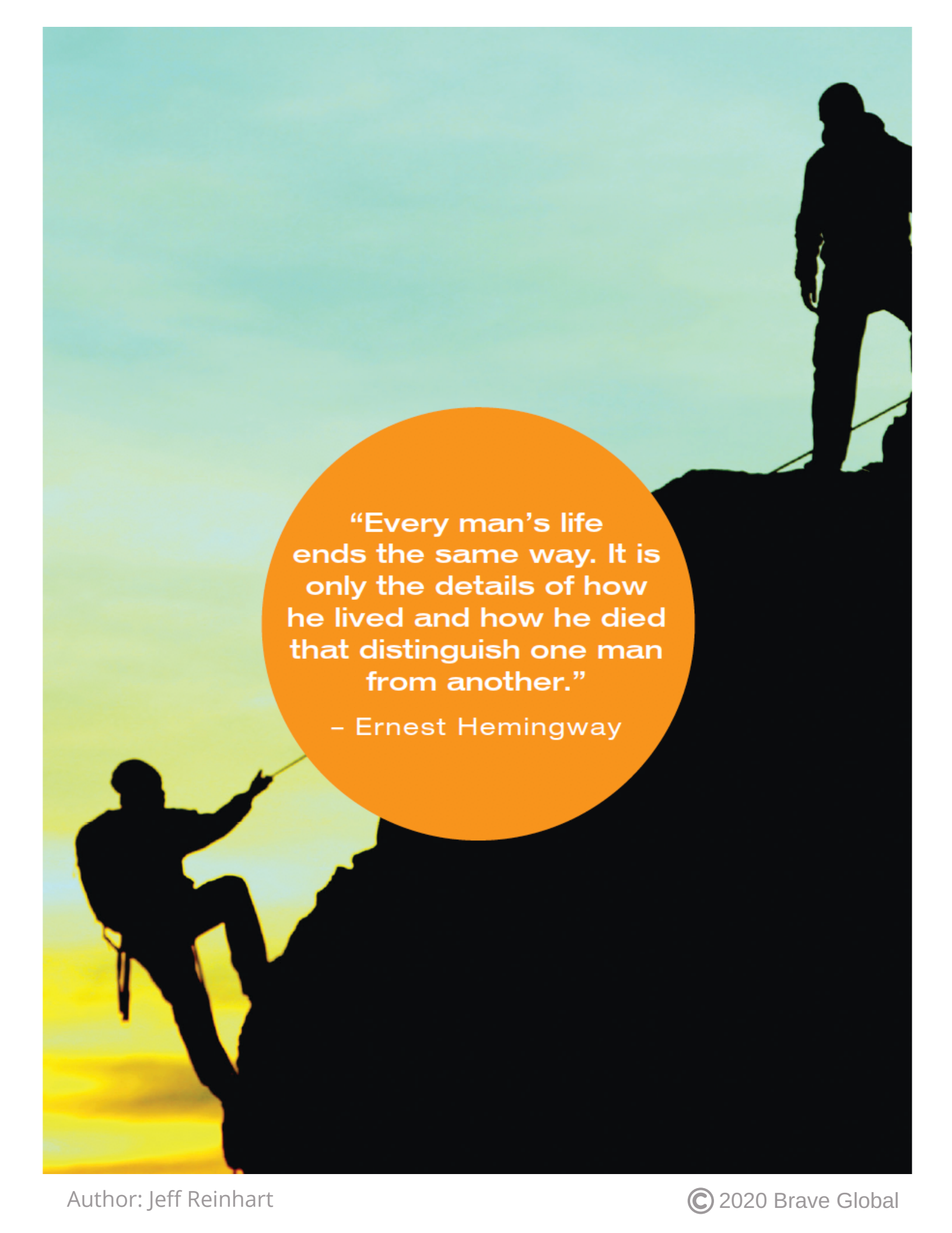
LET OUR FEELINGS  
CONTROL US &  
OUR ACTIONS

REMEMBER OUR  
FEELINGS ARE  
TEMPORARY &  
PRACTICE HEALTHY  
RESPONSES



We each have a choice in how we react to negative feelings. Identifying our bad patterns and discovering healthier ways to react will help us and those we love.

YOU  
*choose*

The background of the image shows two men in silhouette against a bright, hazy sky at sunset or sunrise. One man is on the left, leaning over a dark, jagged rock formation and holding a rope. The other man is on the right, standing upright on a higher part of the cliff. A large, solid orange circle is centered in the image, containing a quote in white text.

**“Every man’s life  
ends the same way. It is  
only the details of how  
he lived and how he died  
that distinguish one man  
from another.”**

**– Ernest Hemingway**