

Each of these negative experiences, in turn, gave evidence to my negative self-image.

[evidence of the problem of a negative self image]

[identifying the problem]

[how the author self reflected about her negative feelings}

I realized they[the negative feelings the author had] were not new to me.

I had felt this way countless times before.

I[author] sat quietly, meditated, and reflected.

and

When,

When

[the author] thought about being cut off in traffic

[The author]connected with the feelings of being disrespected, insignificant, invisible, not good, and not enough.

I tapped into these negative feelings,

I[the author] got home,