

The Journal

Think about the last time you were criticised. Before you even considered whether the criticism was true, whose side did you instinctively take? Theirs? Or your own?

What does that tell you about the relationship you have with yourself?

Complete this sentence honestly. The times I am most likely to abandon myself are when:

What patterns do you notice?

Who taught you that keeping other people comfortable was more important than keeping yourself emotionally safe?

What did that belief cost you?

What is it still costing you today?

Think about a decision you deeply regret. Is the regret really about the decision? Or about how you ignored yourself before you made it?

What did you know for sure that you talked yourself out of believing?

Imagine the wisest, kindest version of you had been standing beside you during your most difficult moments. What would they have said to you?

What would they have protected?

What would they never have allowed you to believe about yourself?

Finish these two sentences.

I betray myself when I:

I am loyal to myself when I:

Why have you accepted treatment towards yourself that you would never tolerate for someone you love?

What needs to change?

If emotional loyalty became your highest priority, what would become impossible for you to tolerate?

A relationship with a toxic person?

Certain friendships?

A way of speaking to yourself?

A habit?

A compromise?

A lie?

What would have to end?

Imagine your life five years from now if you never again abandoned yourself to keep someone else comfortable.

How would you walk differently?

Speak differently?

Choose differently?

Love differently?

Who would you become?

When life asks me to choose between keeping the peace with someone else or keeping faith with myself, which relationship deserves my loyalty now?