

The Journal

This conversation asks you to rethink what progress really looks like. As you mull over these journal prompts, notice whether your definition of healing is beginning to change.

What Did You Expect Healing To Look Like?

Have your expectations been realistic, or have you been asking yourself to become someone who never struggles?

Think about the last time you reacted in a way you later regretted. What happened next? Did you criticise yourself? Did you ignore it? Did you learn from it?

What does that response tell you about your relationship with yourself?

This conversation has suggested that there's a space between the trigger and the reaction. How easy is it for you to recognise that space?

What tends to make the space disappear?

What helps you find the space again?

Which Part Of This New Sequence Feels Hardest For You?

Trigger.

Pause.

Choice.

Response.

Peace.

Why do you think that is?

What helps you return to yourself after a difficult day?

Think back to who you were six months ago. How did that version of you handle a challenge?

How would you manage the same challenge today?

What differences do you notice?

If setbacks are part of healing rather than evidence against it, how does that change the way you see your own journey?

Complete this sentence - the next time I lose my way, instead of giving up I'll remember:

As you come to the end of the journal prompts, hold on to one thought: **breaking the cycle isn't about getting everything right. It's about refusing to let one difficult moment become one difficult day, one difficult day become one difficult week, and one difficult week become the story of your life.**

Every time you return to yourself, you interrupt that story. And every interruption is another step towards lasting change.