

The Journal

This conversation is an invitation to explore your relationship with yourself. Answer the journal prompts slowly and honestly. There's no need to rush. Some of the answers may come easily. Others may take time. Let curiosity lead the way.

In what ways do I regularly put other people's needs, feelings, expectations, or comfort ahead of my own?

When was the last time I ignored what I truly wanted, needed, felt, or believed to keep someone else happy?

What happened?

How did I feel afterwards?

What have I learned about having needs?

Do I see my needs as important, inconvenient, selfish, acceptable, or something else?

On a scale of 1 – 5, how easy is it for me to answer the following questions?

What do I want? 1 2 3 4 5

What do I need? 1 2 3 4 5

What do I feel? 1 2 3 4 5

What matters to me? 1 2 3 4 5

Did these questions feel difficult? If so, why do you think that might be?

Where in my life am I saying yes when I want to say no?

What am I afraid might happen if I were honest?

Which relationships allow me to be fully myself?

Which relationships require me to edit, hide, suppress, or minimise parts of who I am?

When I think about my own feelings, needs, opinions, boundaries, and wellbeing, what priority do they hold in my life?

Would I treat someone I love the way I treat myself?

What has been the cost of abandoning myself?

How has it affected my confidence, self-respect, relationships, happiness, health, or sense of identity?

If I stopped adapting to everyone else's expectations for a moment, what might I discover about myself and my own needs?

What parts of myself have I lost touch with?

Complete the following sentence: I think I've spent so much time being who others needed me to be that I've forgotten:

When you've finished, take a moment to read through your answers. Notice any emotions that arise, any patterns, any truths that feel uncomfortable, surprising, or important.

This conversation is about recognising the disconnection. Once we can see it, we can begin the journey back to ourselves - and *that* journey may be the most important one we ever take.