

E016 When You Stop Pretending You're Fine — Journal Pages

E016 Journal Pages

Episode: E016 — When You Stop Pretending You're Fine

Type: Printable journal prompts

Prompt 1

How are you... really? Not the answer for the cashier. The real one. Write it without editing.

[Space for writing]

Prompt 2

How long have you been saying "I'm fine" when you're not? Days? Months? Years?

[Space for writing]

Prompt 3

Who in your life has earned the right to hear "I'm not okay today"? What stops you from telling them?

[Space for writing]

Prompt 4

Karen says "not everyone deserves access to your deepest wounds." Have you ever shared with someone who used your pain as gossip? How did that shape who you trust now?

[Space for writing]

Prompt 5

Is there a "Doomville" address you've been living at? What would it look like to acknowledge the pain without building a permanent house there?

[Space for writing]

Airtable Table: Assets

Asset Type: Journal Pages

Linked Episode: E016

Status: Complete