

When You Stop Pretending You're Fine

A printable reflection workbook for creating hope today, one emotional action at a time.



Welcome home. There is a seat for you here.

“If we recover loudly, we keep other people from dying quietly.”

What would I say instead of “I’m fine”?

Sometimes "I'm fine" is not an answer. It is a shield.

If I answered honestly right now, what would I say instead of "I'm fine"?

Catch the Tea Leaves

- ☐ Sometimes "I'm fine" is not an answer. It is a shield.
- ☐ Pain deserves to be acknowledged, but it does not deserve to become a permanent address.
- ☐ If we recover loudly, we keep other people from dying quietly.
- ☐ Not everyone deserves access to your deepest wounds; choose the people who share your hope.
- ☐ Healing is not a finish line. It is a practice.

Which one made me stop pretending?

Tell the truth

Who has earned the right to hear my real answer?

What one tool could help steady me today?

What one next step would be honest and kind?

The bravest words I can speak this week are not "I'm fine." They are:

☐ I told the truth today.

Leave with a drop

“Hope doesn’t ask you to pretend. It asks you to take one more step.”

Season One Closing

You made it through all sixteen episodes. Sixteen cups of tea. Sixteen honest pours. Sixteen invitations to arrive exactly as you are.

If you took even one emotional action this season, you changed something. If you named one mountain and moved one pebble, you are already different than when you began.

Pull up another chair. Steep the tea. Stay awhile.

A Letter Before You Leave

Dear Friend,

If you have been surviving behind the word fine, I want to offer you something gentler than pressure. Permission. Permission to tell the truth. Permission to not be okay. Permission to stop performing strength long enough to receive some.

You do not need to explain every detail to everyone. But you do deserve at least one safe place where your real answer is welcome.

If that is what you need today, pull up another chair. We have been saving you a place.

Keep creating HOPE. Keep brewing.

— The Brewmaster
