


What's Keeping You in the Storm?

Sometimes we stay stuck in a storm not because we like it, but because it's familiar. We tell ourselves stories like, "This is just how life is," or "I've tried before and nothing changed." Let's shine a light on what's really going on beneath the surface.


1. Fear of the Unknown

Sure, the rain is uncomfortable—but stepping into the unknown feels downright terrifying. Sometimes we stay where we are because we can't imagine what's next. But uncertainty and possibility are two sides of the same coin.

 **Exercise:** Write down what scares you about leaving your current "storm." Then write one possible positive outcome that could happen if you take a step forward.


2. Emotional Exhaustion

Being stuck can drain you. You know you need to move, but you're too tired to even think about what that looks like. That's okay. Movement doesn't have to be dramatic. It can be gentle, slow, and kind.

 **Exercise:** List three small, low-effort actions that help you feel even a little more in control—like texting a friend, stepping outside, or journaling for five minutes.

3. Guilt or Shame

Maybe you feel like the storm is your fault—that you deserve it. But here's the truth: Everyone struggles. Everyone stumbles. And everyone is worthy of growth, healing, and sunshine.

 **Exercise:** Write a forgiveness note—to yourself. Forgive yourself for what you didn't know, for what you couldn't handle, and for the times you stayed too long. Then write one thing you now believe you deserve.

Coming out of the Rain

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Journaling Prompt:

Choose one of the exercises above and go deeper.

What's really been keeping you stuck—and what does it feel like to release even a piece of it?



MY THOUGHTS