Am I Growing...Or Just Getting Better at Coping?

Learning to hear your inner narrative again

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DAY 1: Listening To Your Inner Narrative

What story have you been repeating to yourself so often that it now feels completely normal?

- What phrases do you say most often about your life?
- Do your thoughts sound hopeful, disappointed, or exhausted?
- When did this emotional narrative first begin?

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DAY 2: Functioning vs. Feeling

Have you become so focused on functioning that you no longer stop to ask yourself how you actually feel?

- What emotions have you been avoiding lately?
- What does "fine" really mean for you right now?
- When was the last time you felt emotionally light?

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DAY 3: Coping Or Healing?

Are the things helping you survive also helping you heal?

- What do you use to distract yourself from discomfort?
- What habits leave you temporarily relieved but emotionally unchanged?
- What would true healing look like in this season of your life?

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DAY 4: The Weight You Carry

What emotional weight have you been carrying so long that it now feels like part of your identity?

- What burdens no longer belong to you?
- Where have you become emotionally guarded or defensive?
- What would it feel like to finally set something down?

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DAY 5: Choosing A Different Direction

What small step toward growth are you finally willing to take?

- What would a healthier inner dialogue sound like?
- Who do you become if you continue living exactly as you are now?
- What kind of emotional life are you hoping to create moving forward?

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REFLECTION

What have you discovered about yourself through this week of honest reflection?

- What emotional patterns surprised you the most?
- What is one coping mechanism you no longer want to normalize?
- What is one small but meaningful step you can take toward healing this week?