Whatever You Don't Face in the Light

Finding Freedom Through Honest Reflection

Encouragementology®
the practice of instilling hope

DAY 1: Naming What Follows You

What issue or emotion keeps resurfacing in quiet moments no matter how much you try to distract yourself?

- What thoughts keep returning when life finally slows down
- What have you been trying not to think about
- What feels emotionally unfinished right now

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DAY 2: What Avoidance Is Costing Me

How has avoiding this issue quietly affected your peace, energy, or confidence?

- What feels heavier the longer you carry it
- How has avoidance changed your mood or relationships
- What are you tired of managing emotionally

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DAY 3: Complicated or Just Hard?

What have you been labeling as "complicated" that may actually just be emotionally difficult?

- What truth feels uncomfortable to admit
- What conversation, decision, or step have you postponed
- What would happen if you stopped waiting for the perfect time

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DAY 4: Letting Light In Slowly

What would it look like to bring a little honesty into this situation without overwhelming yourself?

Who feels emotionally safe to talk to
What small step would move you toward peace
What practical action could you take this week

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DAY 5: Releasing the Fear of Facing It

How might your life feel different if you stopped carrying this alone?

- What are you afraid might happen if you face this fully
- What relief might become possible on the other side
- What would freedom from this emotional weight look like

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REFLECTION

What truth are you finally ready to stop hiding from yourself?

- What did you learn about your avoidance patterns this week
- What part of your life needs more honesty and attention
- What is one brave step you are willing to take moving forward