Why Do I Feel Off Even When Everything Looks Fine?

Maybe Nothing's Wrong

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DAY 1: Notice the Story

When you felt "off" recently, what story did your mind immediately begin telling you?

- What happened just before that feeling appeared?
- What facts do you know to be true?
- What assumptions did you make without evidence?

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DAY 2: Separate Facts From Feelings

How can you honor your feelings without assuming they are telling you the whole truth?

- Which emotions have been showing up most often lately?
- What facts support those emotions?
- What might change if you became curious instead of certain?

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DAY 3: What Am I Really Missing?

When you say something feels missing, what are you actually longing for?

Are you seeking an object or an emotion?
What feeling do you hope that change would bring?
Can you experience that feeling in a simple way today?

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DAY 4: Rediscover the Ordinary

What ordinary parts of your life have you stopped noticing because they've become familiar?

- Who quietly makes your life better each day?
- What routine gives your life stability or comfort?
- What simple moment today deserves your attention?

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DAY 5: Define Enough

If no one else's life was visible to you, what would "enough" honestly look like?

- What matters most to you right now?
- Whose expectations have influenced your definition of success?
- What would you like to appreciate instead of improve today?

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REFLECTION

What have you discovered this week about the stories you tell yourself and the truth you're learning to see?

- Which journal prompt surprised you the most?
- What false story are you ready to release?
- How will you remind yourself that feeling off doesn't always mean something is wrong?