

A close-up, artistic photograph of a dark red rose. The petals are tightly curled, showing deep red and maroon tones with some darker shadows. The word "Unfurl" is written in a white, elegant cursive script across the center of the rose. The background is dark and out of focus, emphasizing the rose and the text.

Unfurl

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This journal contains prompts & questions to get you thinking about how you are showing up for yourself.

It's ok if you are unsure what to write or how to respond. Write down whatever pops into your brain first. Even if it feels yucky or stupid or like bullshit. Then put this journal a way for a day or two and come back.

The important thing is to be honest with yourself. If you've got something shitty to say, say it. BUT if you find you are getting stuck being negative or mean to yourself. Stop. It's totally normal to feel bad, but you get to choose to stay in the muck or not.

Remember those words/thoughts/beliefs are conditioned responses taught to you by an abusive society. Journal them out and then journal about why those things aren't true.

Just Spill pages are for you to say what you need to say. Tell the story of how shit something was & how it could be better. Tell the truth about how jealous and angry you get over the thing you want so badly and how having it might look in your own life.

Get the bullshit out. Then be kind to yourself. Rinse. Repeat.

You can also add photos, collages or any digital ephemera to these pages. Let loose.

As always, any of this can be done in a physical journal if that is what you prefer.

P.S. Remember to duplicate pages before you write on them.

If you are looking for course work in how to be in your 'feminine' energy, attract your 'twin flame' or be a domestic goddess - this is not that. Fuck all that. Most of those paths are rooted in New Age Wank. AKA White Supremacy & Patriarchy.

This will not cover any traditional ways for worshiping/working with Aphrodite. You do not need a working relationship with her or any goddess to do this work.

What Aphrodite wants us to know:

Be true to yourself
Jealousy is a compass
Own your pleasure

When you are exploring these messages, remember there is no judgement here. No wrong answers.

APHRODITE

Goddess of love and beauty or Goddess of impossible standards and symbol of how awful women are?

Both if her myths & stories are taken at face value.

The only way to know is to know her for ourselves and probably ignore every myth, story or portrayal we've ever had of her. To disbelieve the narrators of the stories about her.

The same could be said for the narrators of any goddess's story. Any woman's story.

How many times have you heard about some crazy ex girlfriend only to later learn she really wasn't?

Aphrodite is a good example of this. There are so many stories of her doing awful things because she is just so vain and jealous. Major crazy girlfriend vibes.

The narrators of her stories love her when she is being beautiful/pleasing for their benefit/pleasure and quickly turn on her when she isn't.

She is held up as the standard for women when it comes to physical beauty and sexuality. Be a goddess. Be something so impossibly not you. As long as you only do it for others.

If you find yourself beautiful, worthy of (self) devotion, you are vain and jealous. How dare you enjoy any pleasure for your own benefit. How shameful.

Many goddesses stories, stories involving any women, repeat these similar themes.

Aphrodite keeps putting herself forward for this work because of how she is used in modern society as a tool for upholding patriarchal norms for women.

BE TRUE TO YOURSELF

Authenticity has become a hype word. Be true to yourself a slogan flung around by basically everyone trying to sell you something. So, I cringed a little writing that as one of the messages Aphrodite wants to share. There is a difference in being your natural self and using vulnerability as a manipulative marketing tool.

Being true to yourself or being your natural authentic self isn't easy in a society that loves conformity and making sure everyone fits neatly into tidy little boxes. Others may find it upsetting or confusing when you start living in ways that support you instead of contorting yourself to fit their narrative.

Maybe it's no longer keeping silent about things. Maybe it's dressing differently. Maybe it's saying no to somethings and yes to others, regardless of what people think.

OWN IT

My body holds ancient wisdom. I am learning to listen.

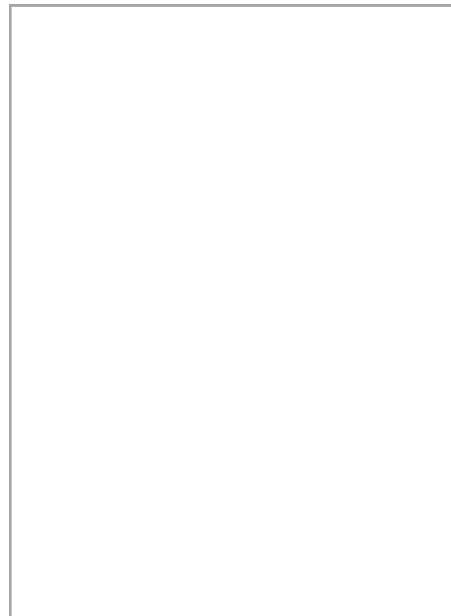
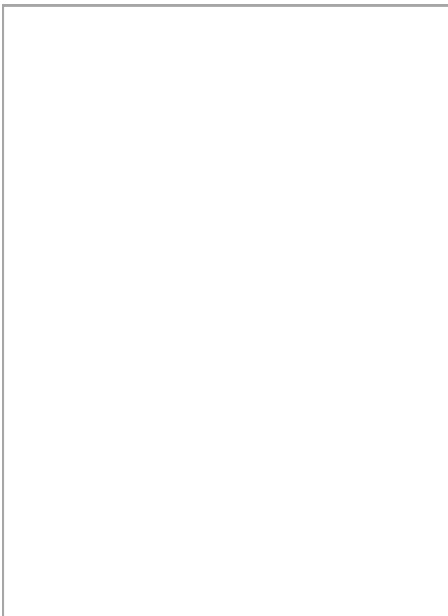
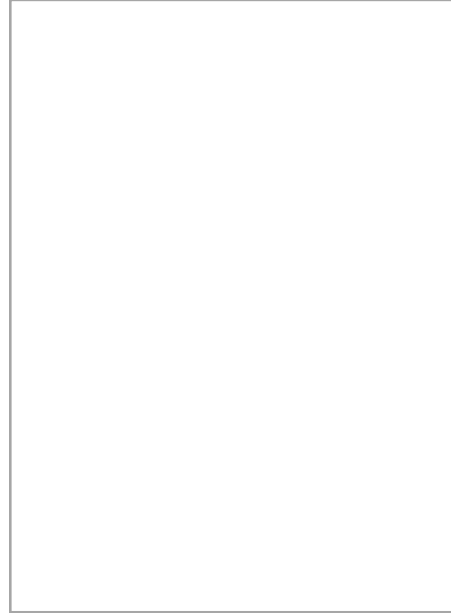
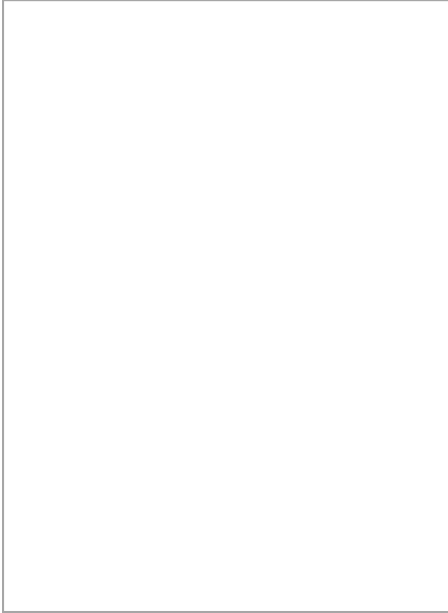
My voice is sacred. My truth is medicine.

I give myself full permission to say no.

I am worthy, even when I'm messy, raw, and undone.

OWN IT

Write your own affirmations or
power statements.



RECLAIM

Choose a word that's been used to diminish you (e.g., "too much," "bossy," "emotional"). Redefine it in your own powerful terms.

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This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

PROMPTS:

Who is the me I've been hiding/keeping safe?

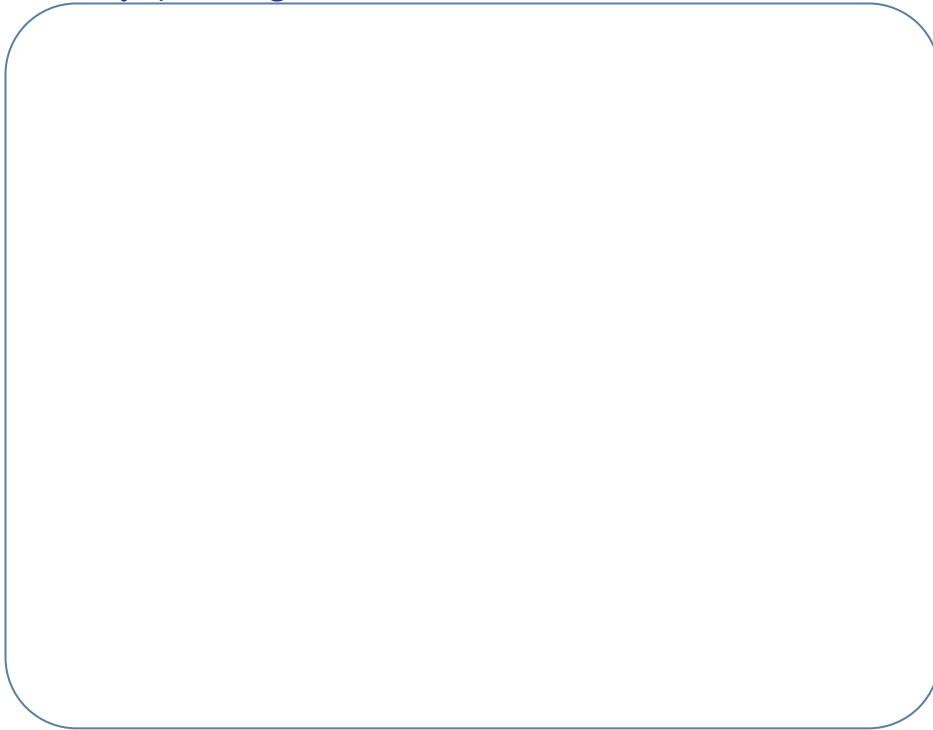
Who am I when I'm being my favorite self? or What am I doing when I'm my favorite self?

What actions or behaviors keep me from being me?

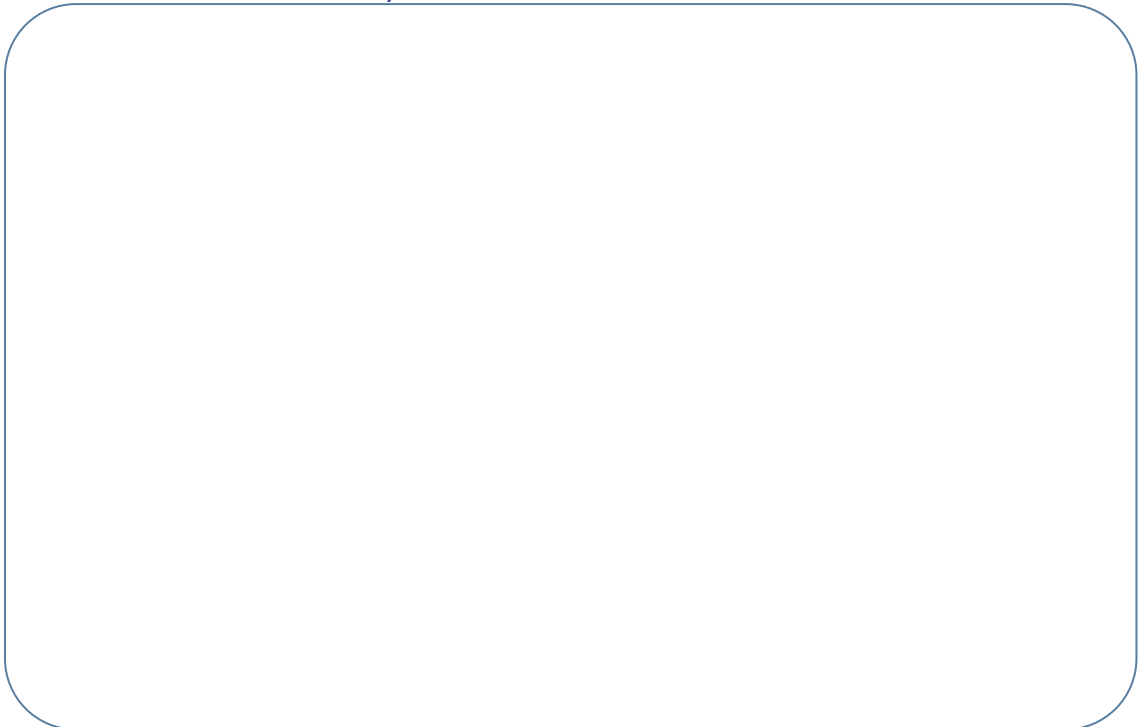
What parts of myself am I hiding away?

I feel good about myself when:

I enjoy doing:

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I don't feel like myself when:

A large, empty rounded rectangular box with a thin blue border, intended for writing a response to the prompt 'I don't feel like myself when:'.

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OWN YOUR PLEASURE

Your pleasure is yours and yours alone.

That doesn't mean you never share in your pleasure only that it isn't owned or owed to any.

We exist in a society in which our pleasures and joys are often not our own. We do things we don't want to do to satisfy others or meet the needs/wants/desires of others.

Or just by being a person with a body, we are expected to give pleasure, perform for others constantly. Any time we act for our own pleasure, we are shamed for it.

Shamed for physical pleasures, enjoying nerdy movies or romance novels. So much unnecessary shame.

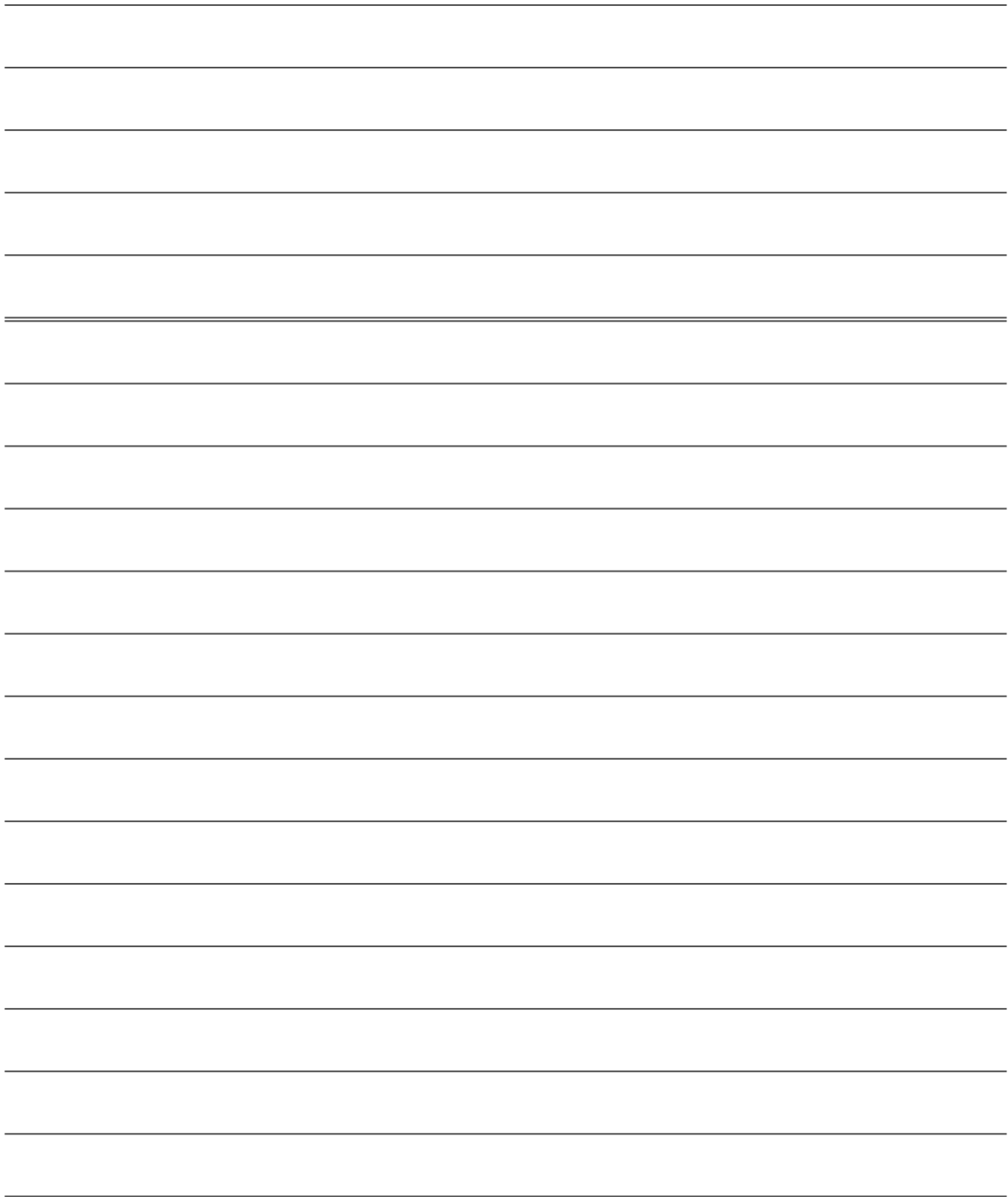
SENSORY DAY

Spend the day noticing. Notice smells, textures, colors and sounds. Use all of your senses. Notice how in your body you are or aren't.

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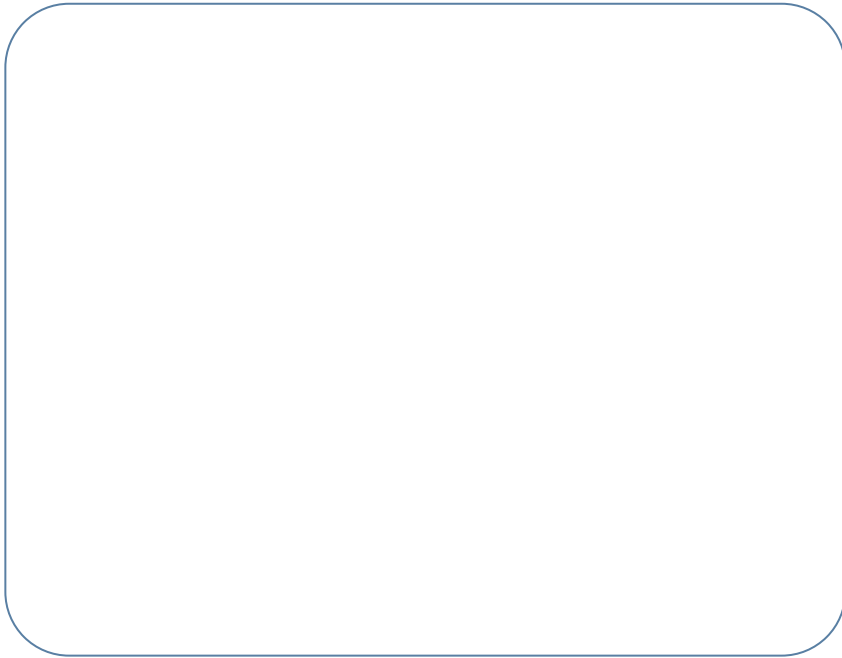
PROMPTS:

Is whatever I'm feeling shameful about something
ACTUALLY shameful?

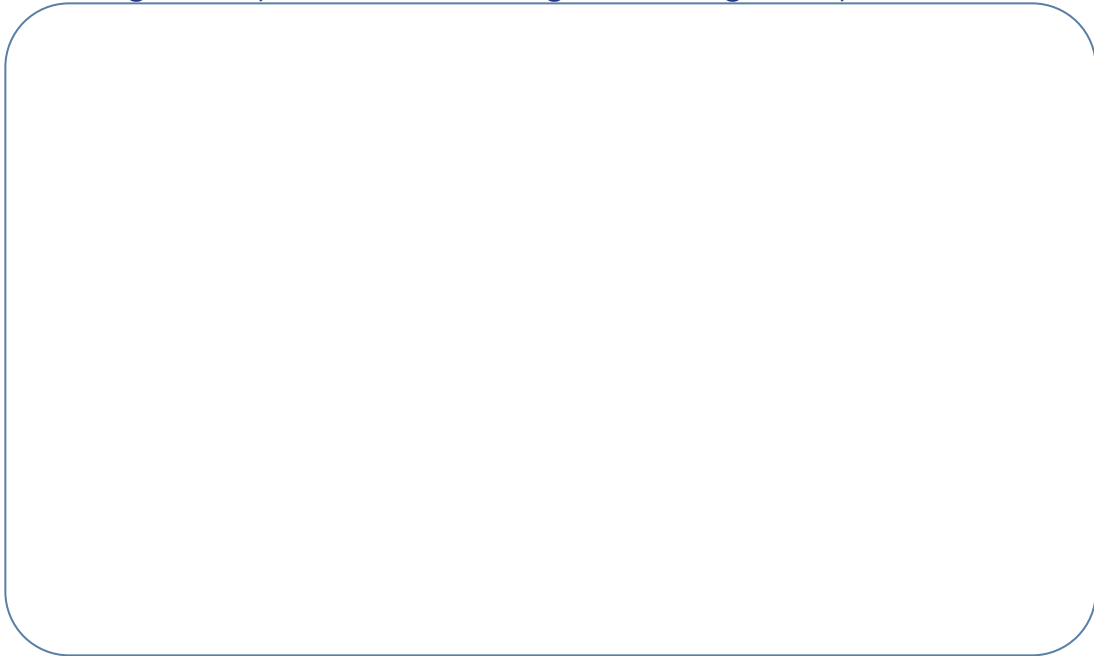
Who benefits from me continuing to feel this shame?

How can I release this shame?

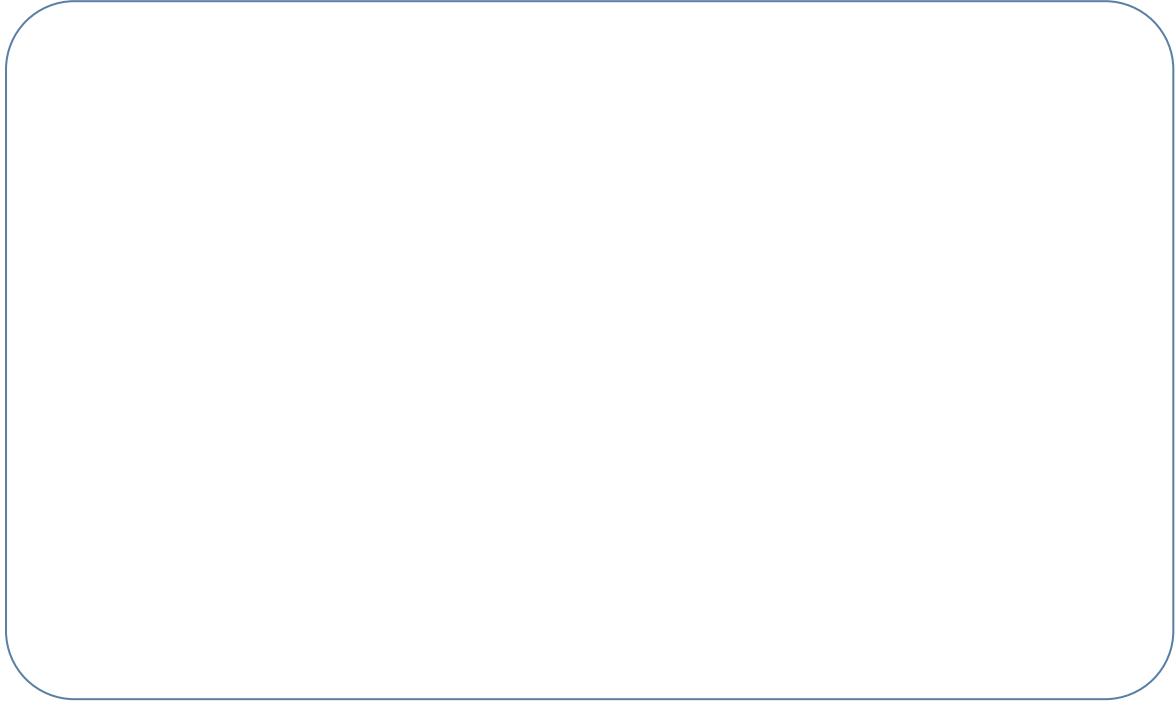
I feel shame about:

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Things I find pleasure in or things that - might be pleasurable:

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What is stopping me from exploring those pleasures?



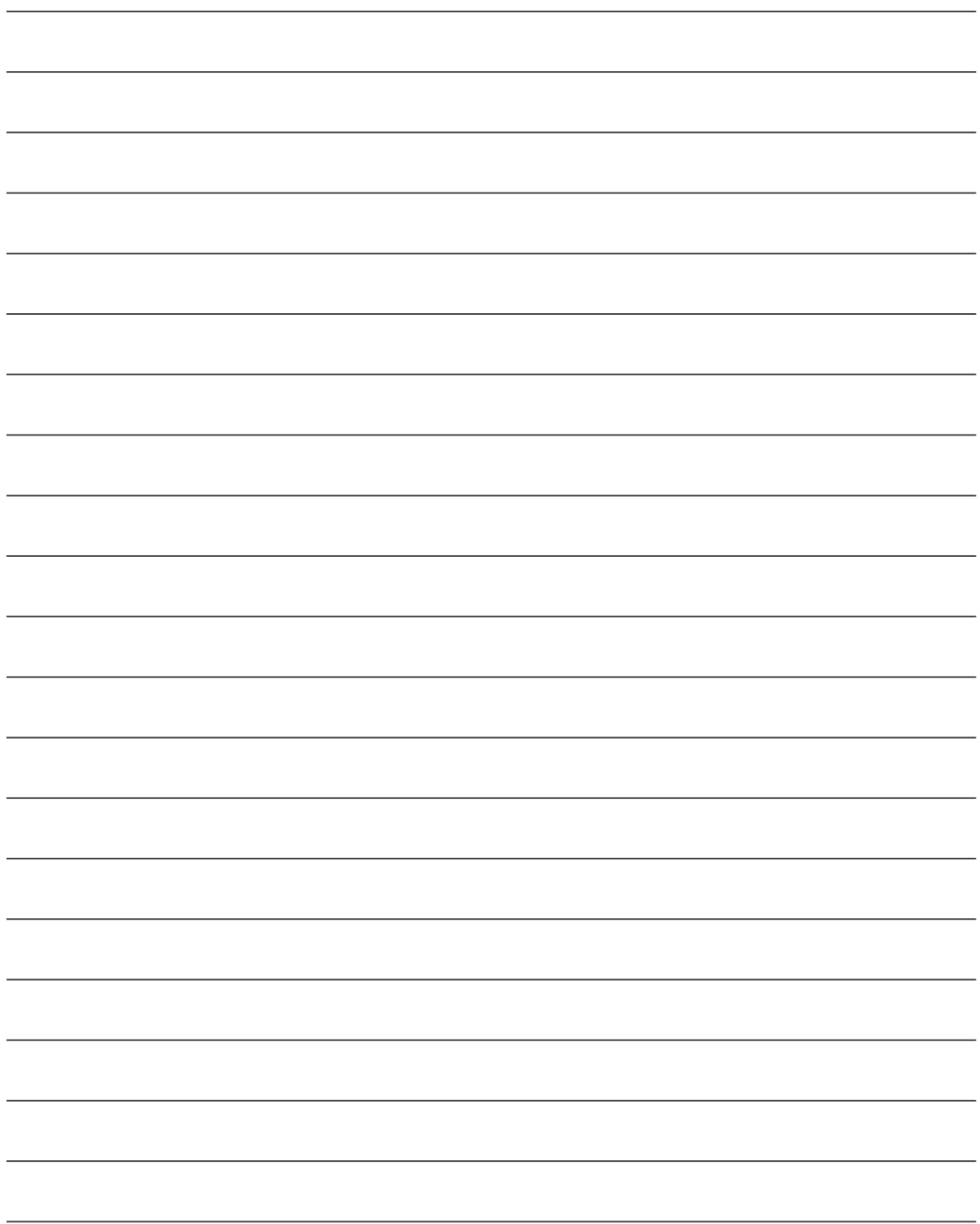
What small things can I do to bring more pleasure into my life?



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JEALOUSY IS A COMPASS

Jealousy is a bad thing right? Causes people to be huge assholes.

What if that's because we've been taught to react to the feeling of jealousy wrong? I find that when we look closely at the 'normal' way of doing things it's usually some BS designed to control us.

Our feelings of jealousy are always pointing us toward what we desire. What we want in life. Now to be clear, just because you feel jealous of Jane over her partner John, doesn't necessarily mean you want John for yourself. Only that there is something in their relationship that you would also love in a relationship. It is vital to figure out what that thing is.

COMPASS

Create a list of moments you've been jealous. Is there a pattern? What do these moments have in common? This is where your compass is trying to lead you.

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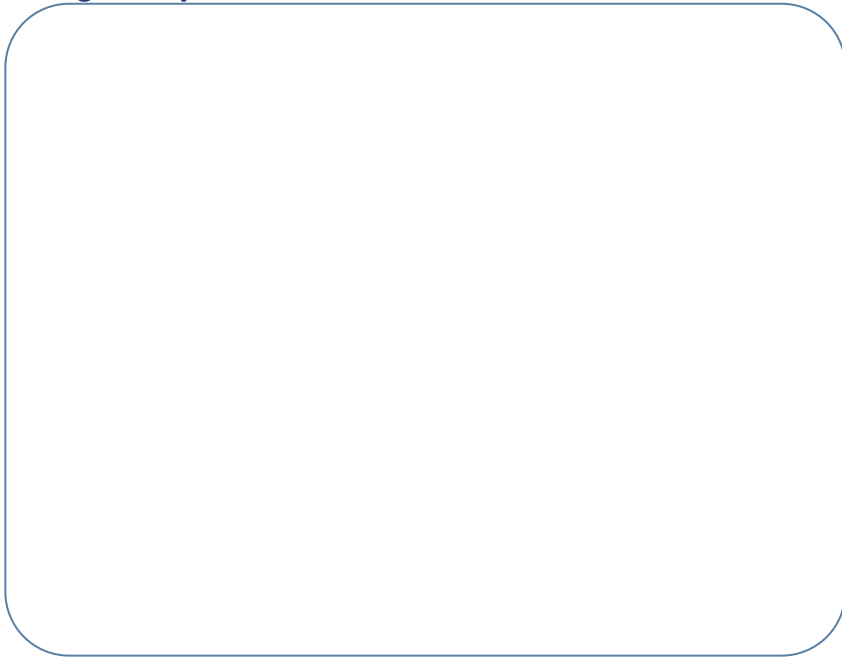
PROMPTS:

What am I honestly feeling jealous about?

What needs/wants/desires is this jealousy pointing out to me?

How can I bring that into my life?

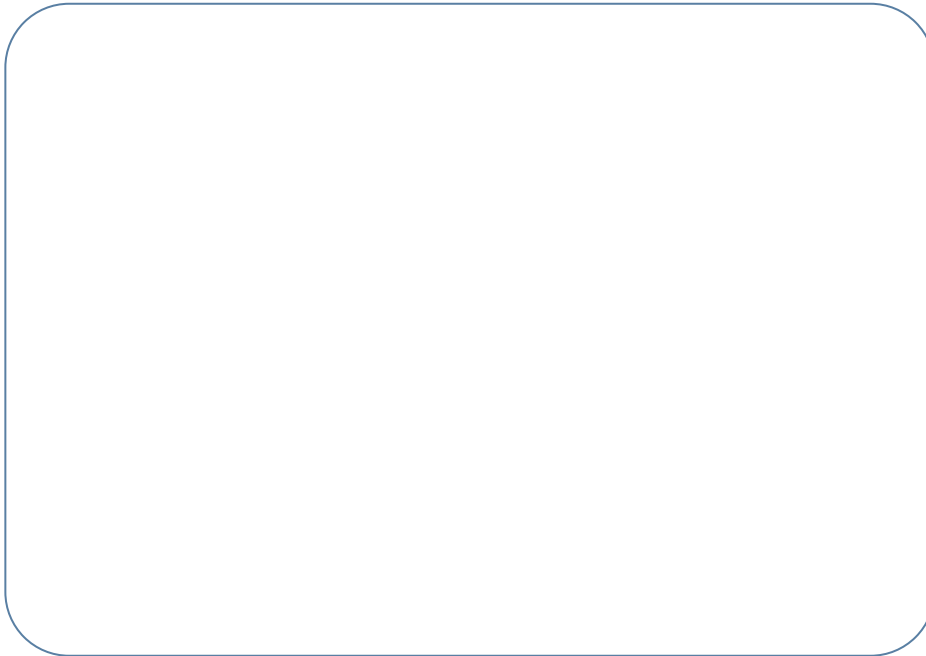
I get so jealous about:

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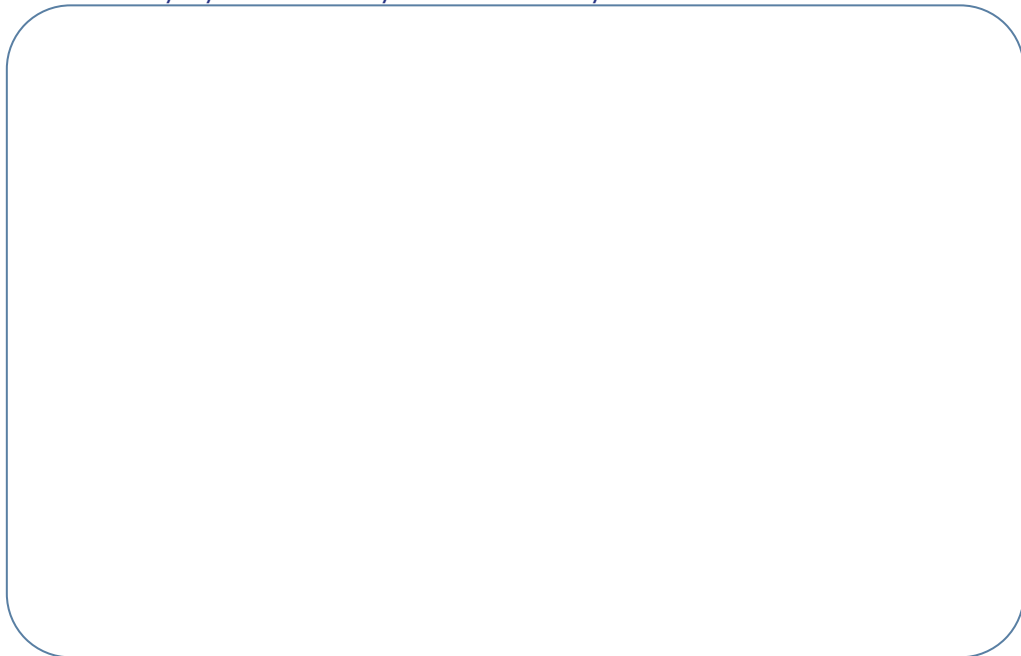
It makes me jealous because I want:

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I can't have what I want because:

A large, empty rounded rectangular box with a thin blue border, intended for the user to write their reasons for not having what they want.

List ways you already have what you want:

A large, empty rounded rectangular box with a thin blue border, intended for the user to list ways they already have what they want.

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RITUAL

The Unfurl Ritual: A Candle Ceremony of Reclamation

Purpose: To release internalized shame, reconnect with the body's truth, and consciously step into personal power.

Time: 20–40 minutes

Supplies:

- A candle (any color that feels powerful or soothing to you; red, black, or gold are beautiful choices)
- A mirror
- Journal and pen
- A fire-safe dish or bowl of water
- A small slip of paper

Every part of this is optional. Trust your own intuition.

1. Create the Space

Set up your ritual space where you won't be disturbed. Turn off harsh lighting. Bring in textures, scents, or music that feel grounding. Place the candle, mirror, journal, and slip of paper in front of you.

2. Light the Flame

As you light the candle, say aloud or softly:

"With this flame, I ignite my truth.

With this fire, I melt what no longer belongs to me.

I come back to myself, fully and fiercely."

Take a few breaths. Feel your body in the space. Let the flame anchor your presence.

3. Meet Yourself in the Mirror

Look into your own eyes in the mirror. Stay for a few moments—even if it's uncomfortable. Say:

"I see you. I hear you. I honor you. I remember who you are."

Notice what arises. Let tears come. Let laughter come. Let numbness come. All of it is welcome.

4. Write & Burn / Drown the Lie

On the slip of paper, write down a belief, word, or label you've carried that was never truly yours.

(Examples: "Too much." "Not enough." "Unworthy."

"You have to earn love.")

Hold it in your hand. Say:

"This does not belong to me. I give it back to the fire.

I give it back to the earth. I am free."

Burn the paper in your fire-safe dish (or submerge it in water). Watch it dissolve. Feel the release in your body.

5. Affirm Your Becoming

Place your hand on your heart, belly, or wherever you feel most connected. Speak aloud:

"I choose to unfurl.

I choose to take up space in my body, my life, my truth.

I am no longer waiting. I am already worthy."

Let the words echo through you. Write a new affirmation or personal vow in your journal.

6. Close Gently

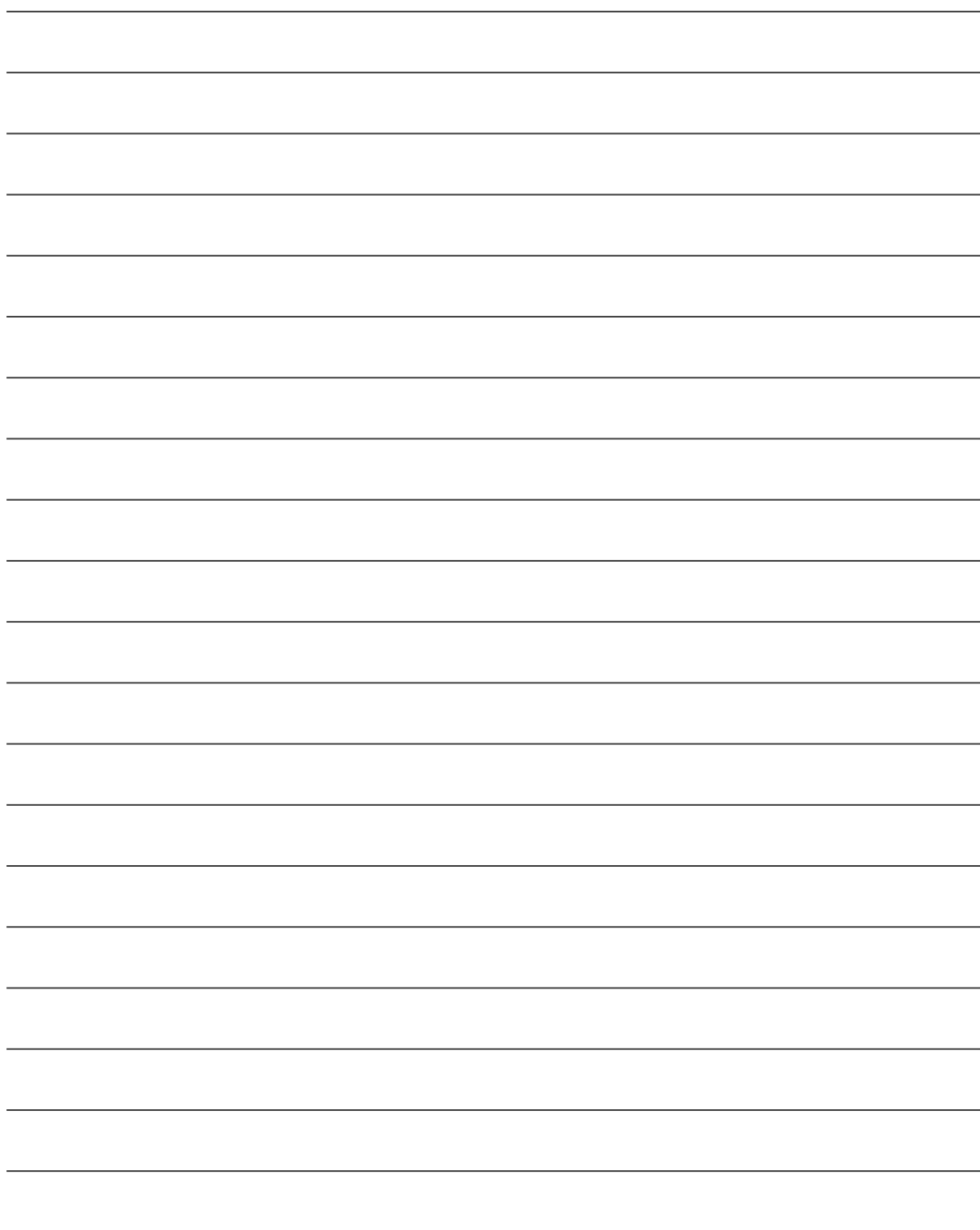
Blow out the candle, saying:

"The flame is out, but I remain lit from within.

I carry this light with me into all I do."

Thank yourself. Hydrate. Wrap up in a soft blanket or move your body in whatever way feels affirming.

The following pages are there for journaling about anything you felt or experienced during this ritual.



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