



# COMING BACK

TO

Me



*A private reflection journal for clarity,  
self-trust, and finding yourself again*



Created by Sheri Rowland, MA, LCDC



# Welcome

If you are holding this journal, chances are there is something inside of you that is tired.

Maybe you are tired of explaining. Tired of pretending you are fine. Tired of telling the polished version of the story because the honest version feels too embarrassing, too complicated, or too familiar.

Maybe you have thought, "Here I am again." Or, "Here I go again."

Maybe you have stopped telling your best friend, your sponsor, your family, or even yourself the full truth because you are afraid people are tired of hearing it.

This journal is not here to tell you what to do. It is not here to tell you to leave. It is not here to tell you to stay.

It is here to help you tell yourself the truth with compassion.

Because sometimes the first step back to yourself is not making a big decision. Sometimes the first step is simply admitting: "This is where I really am."

You are allowed to be honest here. You are allowed to be confused here. You are allowed to still love them and still feel exhausted.

You are allowed to want more. You are allowed to not know what comes next.

This is a private place to begin coming back to yourself.

## Gentle Disclaimer


This journal is for education, reflection, and emotional support. It is not therapy, medical advice, legal advice, crisis intervention, or a substitute for professional care.

If you are in immediate danger, experiencing abuse, or afraid for your safety, please reach out to a trusted local crisis resource, domestic violence hotline, emergency services, or a qualified professional in your area.

You deserve support that is safe, informed, and appropriate for your situation.

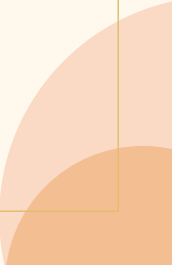
## How to Use This Journal

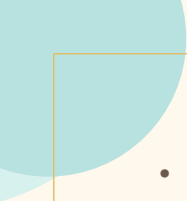

There is no perfect way to use this journal.



You do not have to complete it in order. You do not have to write beautifully. You do not have to have the "right" answer.

Try using it in one of these ways:



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- Write one page a day.
  - Choose the prompt that feels most honest.
  - Circle the questions that make you uncomfortable and come back to them later.
  - Use short answers if long ones feel overwhelming.
  - Revisit the same prompt more than once as your clarity grows.
  - Highlight one sentence that feels important.
  - Let yourself pause when something feels tender.
  - Skip anything that feels like too much and come back when you feel ready.

This journal is not about forcing a decision. It is about creating enough honesty inside of you that your next right step becomes easier to hear.

# About the Creator



Sheri Rowland  
Transformation Coach, Truth-Teller, and  
Cheerleader

Life is short, so go for the gusto!

Hi, I'm Sheri Rowland - Transformation Coach, Truth-Teller, and Cheerleader for women who are ready to stop playing small and finally live the lives they crave.

For over 35 years, I've dedicated my life to guiding women through life's toughest transitions - whether it's breaking free from addiction, healing after unhealthy relationships, or finding the courage to step into new levels of confidence and success. My clients call what I do "Sherapy" - a fierce, fun, and soulful mix of coaching, counseling, and lived wisdom that helps women transform from the inside out.

Beyond coaching, I'm a mother of three, grandmother of seven, and great-grandmother of four. I live passionately in the Texas Hill Country with Chloe, my sweet Havanese, and I love to travel - six continents and counting. Life is full, rich, and bursting with possibility, and I'm here to help you experience the same.



*Life is full, rich, and bursting with possibility.*

# Before You Begin



Take one slow breath.

Unclench your jaw. Drop your shoulders.

Place one hand on your heart, your belly, or somewhere that feels grounding.

You do not have to solve your whole life today. You do not have to explain everything perfectly. You do not have to prove your pain.

You only have to begin telling the truth gently.

## You might begin with:

- The truth is...
- What I haven't wanted to admit is...
- A part of me knows...
- I keep hoping...
- My body has been trying to tell me...
- I am scared to write this, but...





## Section 1

# Where I Really Am

*Emotional clarity begins when we stop performing strength  
and start telling the truth.*





## A note before you begin

Sometimes we feel alone because we are not telling the truth about where we really are.

Not because we are dishonest people. Because we are ashamed.

We are afraid someone will say, “Didn’t we already talk about this?”

We are afraid they will judge us for still caring, still hoping, still staying, still missing them, or still not being ready.

So we edit the story. We tell the stronger version. The cleaned-up version. The “I’m fine” version.

But emotional clarity begins when we stop performing strength and start telling the truth.

This section is your place to be honest without having to defend it.

*I do not have to make this make sense to anyone else right now.*

## Reflection Prompts

### 1. What am I afraid to admit out loud right now?

#### Examples:

- I am not as okay as I pretend to be.
- I still want them to change.
- I am embarrassed that I am still here.
- I am scared people will judge me if I tell the whole truth.
- I do not know if I want to stay, but I am scared to leave.
- I feel more alone than people realize.

#### You might begin with:

I am afraid to admit...





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## 2. What have I been telling other people versus what is actually true?

### Examples:

- I tell people we are working on things, but the same things keep happening.
- I say I am fine, but I feel anxious all the time.
- I make it sound less painful than it really is.
- I leave out the parts that make me feel ashamed.
- I protect their image more than I protect my own peace.

### What I usually say:

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### What is actually true:

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## 3. Who do I feel safest being honest with right now? Who do I not feel safe being honest with?

### Examples:

- I feel safe with the person who listens without rushing me.
- I do not feel safe with people who immediately tell me what to do.
- I feel safe with someone who can hold the complexity.



- I do not feel safe with people who shame me for still caring.

**I feel safest being honest with:**

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**I do not feel safe being fully honest with:**

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**What I need from safe support is:**

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**4. What part of my story have I been editing because I feel embarrassed, ashamed, or afraid of judgment?**

**Examples:**

- How many times I have gone back.
- How often I cry when no one sees.
- How much I still want their approval.
- How much I have tolerated.
- How confused I really feel.

**The part I keep editing is:**

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**I think I edit it because:**



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**5. What would I tell my best friend if I trusted she would not judge me?**

**You might begin with:**

If I knew I would not be judged, I would say...

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**6. Where am I saying “I’m fine” when I am absolutely not fine?**

**Examples:**

- When someone asks about the relationship.
- When I am exhausted after another argument.
- When I have been crying but still show up like nothing happened.
- When I know something hurt me, but I tell myself I am being dramatic.

**I keep saying I’m fine when:**

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**What I wish I could say instead is:**



## Truth Check

The truth I keep softening is:

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The part I do not want anyone to know is:

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The thing I wish someone understood is:

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The place I feel most alone is:

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What I am finally willing to admit, even quietly, is:

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## Section 1 Integration Page

Take a moment before moving on. You told the truth somewhere in this section, even if it was only a small truth. That matters.



**What I noticed while writing:**

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**What surprised me:**

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**What felt hard to admit:**

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**One truth I want to carry forward is:**

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**One gentle thing I can say to myself right now is:**

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# Additional Reflection Space



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# Additional Reflection Space



A series of horizontal lines providing space for reflection, consisting of 25 evenly spaced lines.





## Section 2

# The Pattern I Keep Explaining Away

*Explanations do not erase impact.  
Potential does not equal change.*





## A note before you begin

One painful moment can hurt. A repeated pattern changes you.

Sometimes what keeps us stuck is not that we do not see the pattern. It is that we keep explaining it away.

We say: "They did not mean it." "They are stressed." "They are trying." "They had a hard childhood." "They love me in their own way."

And maybe some of that is true.

But explanations do not erase impact. Good intentions do not cancel repeated harm. Potential does not equal change.

This section is not about blaming. It is about naming what keeps repeating so you can stop losing yourself inside the explanation.

*If I stopped defending the pattern, what would I finally be able to see?*

## Reflection Prompts

### 1. What keeps happening that I keep minimizing or explaining away?

#### Examples:

- They say hurtful things, then act like I am too sensitive.
- They apologize, but nothing actually changes.
- They disappear emotionally when I need them.
- I keep accepting crumbs because the good moments feel so good.
- I keep protecting their image while losing myself.
- They promise change when I pull away, then slowly return to the same behavior.

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### 2. What do they apologize for but not actually change?



## Examples:

- The tone they use with me.
- The way they dismiss my feelings.
- The promises they make and do not follow through on.
- The same conflict that keeps happening with different words.
- The behavior they regret after the damage is already done.

## They apologize for:

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## What changes afterward:

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## What does not change afterward:

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## 3. What do I keep hoping will be different “this time”?

### Examples:

- That they will finally understand how much it hurts.
- That the apology will become action.
- That the good version of them will stay.
- That if I explain it better, they will care differently.
- That this time the repair will be real.

## This time, I keep hoping:





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#### 4. What am I calling potential that may actually be a pattern?

##### Examples:

- They can be so loving sometimes.
- They know exactly what to say when they think they are losing me.
- I keep focusing on who they could become.
- I am attached to the version of them I saw in the beginning.
- I keep confusing moments of tenderness with consistent emotional safety.

##### What I have been calling potential is:

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##### The pattern underneath may be:

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#### 5. What do I find myself defending to other people?

##### Examples:

- Why I stayed.
- Why I gave another chance.
- Why they acted that way.
- Why the relationship is complicated.
- Why I am not ready to make a decision.





- Why the good parts still matter.

**I find myself defending:**

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**What defending this has cost me:**

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**6. If I stopped explaining their behavior, what would I have to admit?**

**Examples:**

- It still hurt, even if they had a reason.
- I have been carrying too much.
- The impact matters more than the explanation.
- I am tired of being the only one trying to understand.
- I may be more attached to hope than reality.

**If I stopped explaining it, I might have to admit:**

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## Pattern Inventory

**The pattern:**




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**How often it happens:**

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**What usually triggers it:**

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**What they usually say afterward:**

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**What actually changes afterward:**

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**How I feel afterward:**

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**What this pattern has taught my body to expect:**

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**What I usually tell myself to make it feel less painful:**



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**What I might need to tell myself instead:**

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## Section 2 Integration Page

Patterns become clearer when we stop arguing with reality. You do not have to shame yourself for what you see. You only have to let yourself see it.

**What pattern feels clearer now:**

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**What I have been explaining away:**

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**What I am beginning to understand about the impact:**

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**What I need to stop pretending does not affect me:**



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**One truth I want to carry forward is:**

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# Additional Reflection Space



A series of horizontal lines providing space for reflection, consisting of 20 evenly spaced lines.





### Section 3

# The Cost of Self-Abandonment

*Your body keeps score.  
Your peace keeps score.*





## A note before you begin

Self-abandonment does not always look dramatic.

Sometimes it looks like saying “it’s fine” when it is not.

Sometimes it looks like shrinking your needs so they are easier for someone else to ignore.

Sometimes it looks like becoming the calm one, the strong one, the flexible one, the forgiving one, the understanding one, and the one who carries the emotional weight because somebody has to.

But your body keeps score. Your peace keeps score. Your desire keeps score. Your energy keeps score.

And at some point, the cost becomes too high to keep pretending it is not costing you anything.

This section helps you gently name what this dynamic has required from you.

*What has my body been trying to say that my mind keeps explaining away?*

## Reflection Prompts

### 1. What has this dynamic been costing me emotionally?

#### Examples:

- My peace.
- My confidence.
- My ability to feel light.
- My trust in myself.
- My joy.
- My emotional availability for other parts of my life.

#### Emotionally, this has been costing me:

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## 2. What has it been costing me physically?

### Examples:

- Sleep.
- Energy.
- My appetite.
- My nervous system feeling calm.
- Tension in my chest, stomach, jaw, or shoulders.
- Feeling present in my own body.

### Physically, I have noticed:

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## 3. How has my body been responding lately?

### Examples:

- I feel anxious when I see their name on my phone.
- My stomach drops before hard conversations.
- I feel exhausted even when I have slept.
- I feel numb.
- I feel tense, guarded, or braced.

### My body has been responding by:

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## 4. What parts of me have gotten quieter?

### Examples:



- My laughter.
- My creativity.
- My needs.
- My voice.
- My confidence.
- My sense of play.
- My desire for more.

**The parts of me that have gotten quieter are:**

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**5. What needs have I negotiated down to keep the peace?**

**Examples:**

- Respect.
- Consistency.
- Honesty.
- Affection.
- Emotional safety.
- Follow-through.
- Being spoken to kindly.
- Being considered.

**I have negotiated down my need for:**

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**I told myself it was okay because:**



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## 6. Where have I confused being loving with abandoning myself?

### Examples:

- I said yes when my body wanted to say no.
- I stayed quiet to avoid conflict.
- I made their feelings more important than my own truth.
- I called it patience, but it was costing me peace.
- I kept proving my love by betraying my limits.
- I thought understanding them meant ignoring myself.

### I may have confused love with self-abandonment when:

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## 7. What am I tired of carrying?

### Examples:

- The emotional weight of the relationship.
- The hope that they will finally see me.
- The pressure to be the mature one.
- The fear of disappointing people.
- The responsibility for keeping everything together.
- The ache of pretending I am okay.

### I am tired of carrying:





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## Body Check-In

**When I think about this relationship, my body feels:**

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**The emotion I feel most often is:**

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**The emotion I rarely allow myself to feel is:**

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**The place in my body that feels the heaviest is:**

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**If that part of my body could speak, it might say:**





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**What my body may need from me right now is:**

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## Section 3 Integration Page

Self-abandonment often begins as survival. So before you judge yourself, pause. You may have been doing the best you could with what you knew, what you feared, and what you hoped would change.

**What I see more clearly about the cost:**

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**What I have been asking my body to carry:**

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**What I need to stop minimizing:**

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**One small way I can honor myself this week:**





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**One truth I want to carry forward is:**

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## Section 4

# Why I Keep Reaching Back

*Missing someone does not mean the situation was healthy.  
Feeling pulled back does not mean you failed.*





## A note before you begin

Attachment is complicated.

You can know something is hurting you and still feel pulled toward it.

You can know a pattern is unhealthy and still miss the person.

You can feel done one day and devastated the next.

That does not make you weak. It makes you human.

Sometimes we reach back because we miss the good moments. Sometimes because we are afraid of being alone. Sometimes because we are still attached to the fantasy of who they could become. Sometimes because chaos has started to feel like connection.

This section is not here to shame the part of you that reaches back. It is here to understand her.

*I can understand my attachment without obeying every urge.*

## Reflection Prompts

### 1. What part of me still feels pulled back in?

#### Examples:

- The part that remembers the beginning.
- The part that wants the apology to be real.
- The part that is afraid to be alone.
- The part that wants to be chosen.
- The part that still sees who they could be.
- The part that misses feeling close, even if it was inconsistent.

#### The part of me that still feels pulled back is:

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## 2. What do I miss most? The person, the history, the fantasy, the routine, or who I hoped they would become?

### Examples:

- I miss who they were in the beginning.
- I miss the version of us I thought we were becoming.
- I miss having someone, even if it was not always healthy.
- I miss the good moments so much that I forget the cost.
- I miss the fantasy more than the reality.
- I miss the routine because it gave my life structure.

### What I miss most is:

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### What I may actually be grieving is:

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## 3. What memories make it hard to stay clear?

### Examples:

- The sweet messages.
- The trips.
- The nights we laughed.
- The promises.
- The way they looked at me when things were good.
- The moments that made me believe it could work.

### The memories that pull me back are:



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**What I need to remember alongside those memories is:**

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**4. What am I afraid will happen if I emotionally let go?**

**Examples:**

- They will finally change for someone else.
- I will regret it.
- I will be alone.
- I will have to face the grief.
- I will have to admit how much time I gave.
- I will not know who I am without this story.

**If I emotionally let go, I am afraid:**

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**5. What do I keep hoping they will finally understand?**

**Examples:**

- How much they hurt me.
- How much I tried.
- How little I was asking for.
- How tired I became.
- That I did not want perfection. I wanted emotional maturity.
- That loving me should not have required me to disappear.



**I keep hoping they will understand:**




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**6. Am I missing them, or am I missing how I felt when I still believed things could change?**

**You might begin with:**

When I am honest, I think I am missing...

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## **The Pull-Back Page**

**When I feel myself getting pulled back into the same cycle, I usually tell myself:**

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**What I may actually need in that moment is:**

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**One truth I can remind myself of is:**



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**One safe person or healthy support I can reach for instead is:**

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**One thing I can do before I respond, text, call, or re-engage is:**

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**A sentence I can say to myself in that moment is:**

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### **Examples:**

- I can miss them and still protect my peace.
- A familiar cycle is not the same thing as safety.
- I do not have to act on this feeling immediately.
- I can pause before I reach back.
- The good moments mattered, but so did the painful ones.

## **Section 4 Integration Page**

Attachment is not weakness. It is information. It shows you where there is longing, grief, hope, fear, and love. You do not have to shame the part of you that misses them. You can simply begin caring for that part differently.

**What I understand more clearly about why I reach back:**





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**What I am truly missing or grieving:**

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**What I need when the pull-back feeling shows up:**

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**One truth I want to remember when I feel tempted to re-enter the cycle:**

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**One truth I want to carry forward is:**

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# Additional Reflection Space



A series of horizontal lines providing space for reflection, consisting of 25 evenly spaced lines.







## Section 5

# Rebuilding Self-Trust

*Self-trust is not rebuilt by shaming the version of you  
who was trying to survive.*





## A note before you begin

After years of explaining, hoping, forgiving, and minimizing, self-trust can get blurry.

You may wonder: “Why did I stay?” “Why did I ignore that feeling?” “Why did I keep going back?” “Can I even trust myself now?”

But self-trust is not rebuilt by shaming the version of you who was trying to survive.

It is rebuilt by listening to yourself again. Slowly. Compassionately. Honestly.

You do not have to punish yourself into clarity. You can come back gently.

*I am not here to punish the version of me who survived. I am here to listen to her.*

## Reflection Prompts

### 1. What do I know that I keep trying not to know?

#### Examples:

- That I am tired.
- That the pattern is not new.
- That my body has been telling me the truth.
- That I want more than this.
- That I keep hoping words will become behavior.
- That I may already know my next step, even if I am scared.

#### What I know, even if I am not ready to act on it, is:

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### 2. Where have I ignored my own inner knowing?

#### Examples:

- When something felt off, but I talked myself out of it.
- When I accepted an explanation that did not sit right.





- When I felt hurt but decided I was being too sensitive.
- When my body tightened and I still said yes.
- When I knew I needed space but kept engaging.

**I ignored my inner knowing when:**

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**3. What signs did my body or intuition try to give me?**

**Examples:**

- A tight chest.
- A pit in my stomach.
- A feeling of dread.
- Feeling relieved when plans were canceled.
- Feeling anxious before seeing them.
- Feeling smaller after certain conversations.

**My body or intuition tried to tell me:**

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**4. What would it look like to believe myself again?**

**Examples:**

- I would stop talking myself out of what I feel.
- I would trust my body when it tightens.
- I would stop needing perfect proof before honoring my discomfort.
- I would let my truth matter, even if someone else disagrees.





- I would stop asking everyone else to confirm what I already know.
- I would give myself permission to pause.

**Believing myself again might look like:**

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**5. What is one small way I can stop abandoning myself this week?**

**Examples:**

- Tell the truth in my journal.
- Say no once without over-explaining.
- Rest when I am tired.
- Ask for support.
- Pause before responding.
- Stop minimizing something that hurt.
- Let myself feel what I feel without making it wrong.

**One small way I can stop abandoning myself this week is:**

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**6. What would I say to the version of me who stayed, hoped, tried, and kept giving chances?**

**Examples:**



- You were trying to love.
- You were hoping for safety.
- You did not deserve to carry all of that alone.



- You were not stupid. You were attached.
- You were doing the best you could with the clarity you had.
- I am not mad at you anymore.

**What I want to say to that version of me is:**

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## **Self-Trust Repair**

**I forgive myself for:**

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**I understand now that I was trying to:**

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**I am learning to trust myself by:**

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**One promise I can make to myself today is:**



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**One way I can listen to myself sooner next time is:**

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**One boundary that would help me rebuild trust with myself is:**

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## **Section 5 Integration Page**

Self-trust does not come back all at once. It returns every time you tell yourself the truth and do not abandon yourself for having it.

**What I am learning about trusting myself:**

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**What I want to forgive myself for:**

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**What my body may have known before my mind was ready:**

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 **One small promise I can keep to myself this week:**



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**One truth I want to carry forward is:**

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# Additional Reflection Space



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# Additional Reflection Space



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## Section 6

# My Next Honest Step

*What is the next honest step,  
not the entire life plan?*





## A note before you begin

This journal is not here to force a decision.

You do not have to decide your entire future today. You do not have to have a perfect plan.

You do not have to know whether you are staying, leaving, waiting, separating, repairing, or simply trying to breathe.

Sometimes the next right step is not dramatic.

Sometimes it is telling the truth. Sometimes it is calling a safe friend. Sometimes it is scheduling a counseling session. Sometimes it is setting a boundary. Sometimes it is resting. Sometimes it is gathering support quietly.

Sometimes it is admitting: "I cannot keep doing this the same way."

The goal is not pressure. The goal is clarity.

*You are allowed to move at the pace of safety.*

## Reflection Prompts

### 1. What do I need in order to feel emotionally safe?

#### Examples:

- Consistency.
- Truth.
- Space.
- Respectful communication.
- Emotional maturity.
- A calm conversation.
- Support from someone outside the relationship.
- A plan that does not depend on their mood.

#### In order to feel emotionally safe, I need:





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## 2. What would genuine repair need to look like?

### Examples:

- Changed behavior, not just apologies.
- Accountability without blame-shifting.
- Consistency over time.
- Willingness to get support.
- Respect for my boundaries.
- No punishment when I tell the truth.
- Actions that match the words.

### Genuine repair would need to include:

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### Words alone are not enough because:

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## 3. What am I no longer available for?

### Examples:

- Being dismissed.
- Repeating the same conversation with no change.
- Being the only one doing emotional work.
- Shrinking myself to keep peace.





- Confusing chaos with passion.
- Apologies without changed behavior.
- Losing myself to keep the connection.

**I am no longer available for:**

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**4. What boundary have I been afraid to set?**

**Examples:**

- I need time before responding.
- I will not continue conversations where I am being insulted.
- I need space to think clearly.
- I will not keep pretending everything is fine.
- I need support outside of this dynamic.
- I am not willing to keep having the same conversation without action.

**The boundary I have been afraid to set is:**

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**I am afraid to set it because:**

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**I may need support with:**



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## 5. What support do I need that I have not been asking for?

### Examples:

- A safe friend who can listen.
- A therapist, coach, sponsor, mentor, or support group.
- Help making a plan.
- Someone to remind me of what I wrote here.
- A place where I do not have to pretend.
- Support that does not shame me for being confused.

### The support I need is:

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### The reason I have not asked for it is:

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## 6. What is one honest next step I can take without overwhelming myself?

### Examples:

- Tell one safe person the truth.
- Write down what happened without editing it.
- Schedule support.
- Rest before making any big decision.
- Stop pretending this does not affect me.
- Read back through this journal and highlight what feels important.
- Make a quiet plan for emotional support.
- Give myself 24 hours before responding from panic.





**One honest next step I can take is:**

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## **My Clarity Page**

**What I know right now:**

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**What I do not know yet:**

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**What I need more support with:**

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**What I am no longer willing to pretend:**

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**My next honest step is:**



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**One thing I can do today that honors my peace is:**

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**One thing I do not have to decide today is:**

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## Section 6 Integration Page

Clarity does not always arrive as certainty. Sometimes clarity begins as one honest sentence. One small boundary. One phone call. One moment where you stop betraying yourself.

**What feels clearer now:**

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**What still feels tender or uncertain:**

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**What support would help me move wisely:**



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**What I want to remember when I feel overwhelmed:**

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**One truth I want to carry forward is:**

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# Closing Reflection

Coming back to yourself does not always happen in one big dramatic moment.

Sometimes it happens one honest page at a time. One truth at a time. One boundary at a time. One moment of not betraying yourself at a time.

You do not have to become cold to become clear.

You do not have to hate someone to choose yourself.

You do not have to explain your pain perfectly for it to matter.

You do not have to wait until you are completely done, completely certain, or completely unafraid before you begin listening to yourself.

You are allowed to want peace. You are allowed to want tenderness. You are allowed to want emotional maturity. You are allowed to want reciprocity. You are allowed to want more than survival.

And you are allowed to come back to yourself.

Not with shame. With truth. With compassion. With one honest next step.

*Not with shame.  
With truth. With compassion. With one honest next step.*

# Final Grounding Page

Before you close this journal, pause.

Take one slow breath.

Look at what you have written.

Not as evidence that you should have known sooner. Not as proof that you failed yourself. But as evidence that you are listening now.

That matters.

**One thing I am proud of myself for noticing is:**





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**One truth I do not want to abandon again is:**

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**One way I can be gentle with myself today is:**

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**One sentence I want to carry with me is:**

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## Final Page: A Letter to Myself

Dear me,

**Here is what I want you to remember right now:**





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**Here is what I am proud of you for:**

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**Here is what I am giving you permission to stop carrying alone:**

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**Here is the truth I am ready to honor:**

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**Here is one promise I want to make to you:**

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**Here is what I want you to know when you feel confused again:**



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With love,

---

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Me













# Additional Reflection Space



A series of horizontal lines providing space for reflection.





# Additional Reflection Space



A series of horizontal lines providing space for reflection.











# Additional Reflection Space



A series of horizontal lines providing space for reflection. The lines are evenly spaced and extend across most of the width of the page.



# Additional Reflection Space



A series of horizontal lines providing space for reflection.



# Additional Reflection Space



A series of horizontal lines providing space for reflection.











# Additional Reflection Space



A large area of the page is filled with horizontal lines, providing space for reflection. The lines are evenly spaced and extend across most of the width of the page.



# Additional Reflection Space



A series of horizontal lines providing space for reflection, consisting of 20 evenly spaced lines.











# A Note From Sheri

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If this journal brought up something tender, I want you to know this:

You are not broken. You are not foolish for hoping. You are not weak for feeling attached. You are not behind because you are still sorting through what your heart, body, and truth are trying to tell you.

Coming back to yourself is not always loud or dramatic. Sometimes it starts quietly, with one honest page, one brave question, one moment where you stop abandoning yourself long enough to listen.

That is the heart of my work.

I help women move through life's hardest transitions with honesty, compassion, courage, and a little bit of fire when they need it. My clients lovingly call it Sherapy, because it is part coaching, part counseling wisdom, part truth-telling, and part, 'come on, sister, let's remember who you are.'

Whether you are healing after an unhealthy relationship, rebuilding self-trust, walking through grief, breaking old patterns, or trying to find yourself again after years of being everything for everyone else, you do not have to do it alone.

My work is not about telling you what to do. It is about helping you hear yourself clearly enough to make choices from truth instead of fear, shame, panic, or old survival patterns.

This is not a leave-him journal.

It is a come-back-to-yourself journal.

And if this journal met you in a tender place, I would be honored to support you as you keep coming back to yourself.

*With love,  
Sheri Rowland, MA, LCDC  
Transformation Coach*





# Work With Me

## *Private Coaching*

If you are ready for deeper support, I offer coaching for women who are ready to stop playing small, stop explaining away what hurts, and start rebuilding a life that feels honest, grounded, and fully their own.

My coaching may be a fit for you if you are:

- feeling emotionally exhausted from carrying too much
- healing from an unhealthy or confusing relationship
- rebuilding trust with yourself after ignoring your own needs
- ready to stop shrinking, over-explaining, or abandoning yourself to keep the peace
- craving clarity, confidence, and a stronger connection to your own voice

Through compassionate conversation, honest reflection, and grounded next steps, we work together to help you reconnect with your truth, your courage, your confidence, and the woman inside you who still knows there is more.

## Book a Clarity Call

[sherirowland.com/contact](https://sherirowland.com/contact)



Scan to book  
a Clarity Call



*This is not a leave-him journal. It's a come-back-to-yourself journal.*



# Stay Connected

*Website, contact info, courses & free resources*

<b>Website:</b>	<a href="http://www.sherirowland.com">www.sherirowland.com</a>
<b>Email:</b>	<a href="mailto:sheri@sherirowland.com">sheri@sherirowland.com</a>
<b>TikTok:</b>	<a href="https://www.tiktok.com/@coachsherapy">@coachsherapy</a>
<b>Instagram:</b>	<a href="https://www.instagram.com/sherirowland">@sherirowland</a>
<b>Booking link:</b>	<a href="http://www.sherirowland.com/contact">www.sherirowland.com/contact</a>
<b>Courses &amp; Freebies:</b>	<a href="http://www.sherirowland.com/courses">www.sherirowland.com/courses</a>



**Courses, Coaching  
& Freebies**



*If this journal met you in a tender place, I'm glad it found you.*

Coaching and journal resources are for education, reflection, and emotional support. They are not crisis support, legal advice, therapy, or a substitute for professional care.