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THE SILENT SIDE JOURNAL

30 GUIDED PROMPTS TO HEAL,
REFLECT, AND BREAK CYCLES

INTRODUCTION

The Silent Side of Survival Mode is the part most people never talk about. It's not always the obvious grind of working long hours, juggling responsibilities, or hustling to stay afloat. More often, it's the quiet battles — the shame you bury, the rejection you pretend didn't matter, the grief you've carried longer than you realized, the dreams you put on hold because they felt too far away.

These silent struggles don't always scream; they whisper. They show up in the way you second-guess yourself, the way you hold on to people or situations long after they've hurt you, or the way you replay old wounds when new triggers appear. They shape the choices you make, the relationships you keep, and the way you see yourself.

This journal is your safe space to bring those whispers into the open. Each prompt is designed to help you name what you've been carrying, release what no longer serves you, and rediscover the parts of yourself that survival mode tried to silence.

There are no right or wrong answers here. You don't need perfect words or polished reflections. You just need honesty. Write freely. Write messily. Write for you.

The silence doesn't get to win anymore. This time, your story gets a voice.

REJECTION & WORTH

1. Write about the first time you remember feeling rejected. How did it shape the way you see yourself today?

2. What part of yourself do you hide because you fear it won't be accepted?

3. When do you feel “not enough”?
What does that voice in your head say?

4. Write a letter to the version of you that still believes they have to earn love.

5. What compliments or affirmations do you struggle to believe about yourself?

6. If rejection didn't scare you, what risks would you take right now?

RELATIONSHIPS & LETTING GO

7. Who are you still holding onto, even though the relationship no longer serves you? Why?

8. What makes letting go of certain people or experiences so hard for you?

9. Write about a time you stayed in a situation longer than you should have. What did it cost you?

10. What boundaries do you wish you had enforced sooner?

11. What would “healthy love and support” look like to you right now?

12. Write a goodbye letter (you don't have to send it) to someone you need to release.

GRIEF & HEALING

13. Write about a loss (person, dream, season of life) that you've never fully grieved.

14. How has grief changed the way you show up in your life and relationships?

15. What emotions do you avoid because you're afraid they'll overwhelm you?

16. What's one thing you wish you could tell the person you lost?

17. In what ways have you been carrying someone else's pain or sacrifice as your own?

18. What would healing look like if you gave yourself permission to begin?

DREAMS & VISION

19. Write about a dream you put on hold because survival felt more urgent.

20. What would you pursue if you weren't afraid of failing?



21. What parts of your vision feel “too big” – and why?

22. Who told you your dream wasn't realistic? How did that affect you?

23. If nothing stood in your way, describe a day in your “dream life” in full detail.

24. What small step could you take this week to honor a forgotten dream?

CONTROL & FEAR

25. What situations make you feel like everything will fall apart if you don't hold it together?

26. Write about a time you held onto something long past its season. What were you afraid of?

27. How does fear show up in your daily decisions?

28. Where in your life do you feel the need to be “in control” the most?

29. Write about what it would feel like to finally let go — even if just a little.

30. What would you do differently if fear wasn't steering your life?

CLOSING THOUGHTS

You've just given voice to the silent side of survival mode. By answering these prompts honestly, you've done something most people never give themselves permission to do — stop, reflect, and name what's been hidden beneath the surface.

Remember: this journal isn't about finishing every page in order or rushing through all 30 prompts. It's about creating space to process at your own pace. Some days, you may feel ready to go deep. Other days, you may only want to write a sentence. Both matter. Both count.

Come back to these prompts as often as you need. Healing is not linear, and each time you revisit, you may discover something new about yourself.

The silence doesn't get to win anymore. From this point forward, your story has a voice — and you get to decide how it continues.

