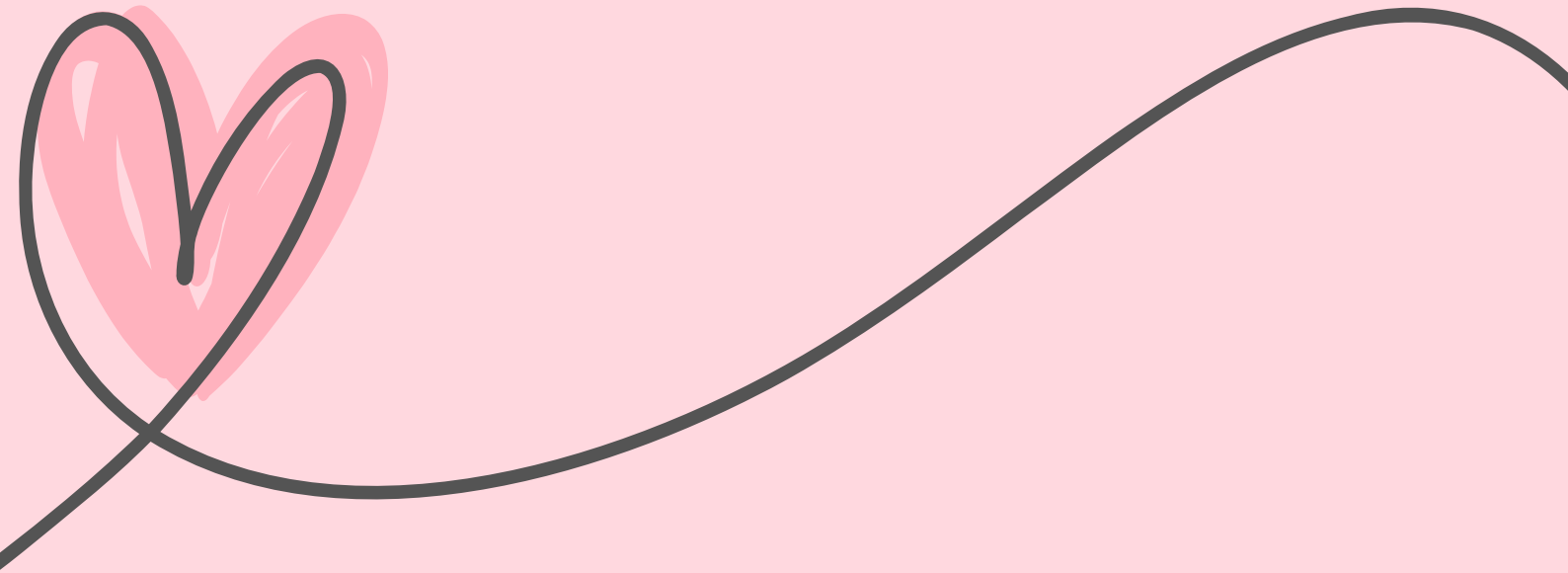




When You Don't Know Who You Are Anymore: Gentle Journal Prompts

Naming the Fog

*Right now, the hardest part of my
life isn't _____ -
it's _____.*

Use these lines for additional reflection.

Emotional Flatness Without Shame

If my emotional numbness had a job, it might be trying to protect me from: _____

Grief You Can't Fully Name

*I think I'm grieving _____,
even though no one talks about it.*

Use these lines for additional reflection.

The Cost of Over-giving

(This is NOT a self-blame exercise)

One way I stayed longer or gave more than I should have was

_____.

What it cost me was _____

_____.

Use these lines for additional reflection.

Boundaries Without Harshness

A boundary I wish I had honored sooner is _____.

If I honored it now, my life might feel _____.

Use these lines for additional reflection.

Who You Are Without Roles

*Before I was someone's _____,
I was someone who _____
_____.*

Use these lines for additional reflection.

If something stirred...

That's okay. These prompts weren't meant to give you answers — only to help you hear yourself more clearly.

You don't need to rush what came up. Let it settle. Let it breathe.

Over the next little while, I'll be sharing more reflections, tools, and quiet reminders for this in-between season — especially for women learning how to stay soft without self-abandonment.

If it helps, you're welcome to stay connected.

Mickey ♥