

"Start Where It Hurts" - A Journaling Companion by DevXpressions

I don't want to write about...

Often, the thing you resist is where your truth lives. Start there.

I forgive you for...

This is not for them. It's for your freedom.

I remember...

Memories hold both wounds and wisdom. Let yours speak.

A letter to someone...

It doesn't need to be sent. But it needs to be written.

Bonus Reflections:

- What would I tell my younger self right now?
- Where in my body do I feel my emotions today?
- What part of me is ready to heal, even if I don't know how?