

# "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?