

4 JOURNAL PROMPTS *to Emotionally Detox*

- ✓ If I could forgive myself for one thing and mean it, what would it be—and what has holding onto that guilt cost me?
- ✓ What truth about my past or present do I keep avoiding because it would require me to change everything?
- ✓ When did I stop feeling safe being fully myself, and what would it take to trust me again?
- ✓ Who would I be if I stopped performing for others?

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