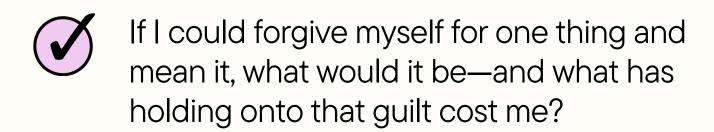
4 JOURNAL PROMPTS to Emotionally Detox



What truth about my past or present do l 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?

@PINK.HEALING