

Be Truly Empowered

Where to Even Begin



“Catch the pain –
transform it into a pearl of
awareness.”

Davy Jerončič

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Chapter 1: Purpose of the Workbook

What is the true purpose of this workbook?

After much thought, I decided to dedicate it to everyone who wants to start overcoming themselves – their beliefs, doubts, fears – and gradually reclaim their own, often forgotten, **inner power**.

This workbook is a kind of “basic structured journal,” created for those who resonate with my way of explaining things. It is designed as a supportive space where you can start on your own – without external expectations – taking the first steps toward a more conscious life and deeper connection with yourself.

This might all sound like theory, like nicely wrapped words. But believe me, it's not. I will focus mainly on practical examples. On insights that can help you realize that maybe there's *nothing wrong with you*.

I'm not writing this to tell a special story about myself. I'm writing to share with you at least a part of how I helped myself – and how I still help myself. So I can live a life where I participate – not just survive – and know that **I** have the greatest influence on what my life will be like.

There are countless theories about personal growth. But I believe we are not here to blindly follow instructions, as if we were puppets without a voice or choice. We are here, in **this moment, this time and space, to carve our own path**. Of course, sometimes we walk paths others have already taken. But the difference is that we do it consciously, knowing **why**.

Life is not a predetermined path. It's an exploration. A creation. A choice. And that is where its meaning and beauty lie.

I hear you say, “But you're not alone in this world. You depend on others.” That's true. I completely agree. And I ask you to be patient with me.

Precisely because everyone has their own path, these paths intersect. Some encounters will bring joy, others will test us – just as we will test others. These are the external circumstances that teach us humility. They teach us we are not alone. And that everyone we meet has their own story. Their own “cross.” Sometimes light, sometimes heavy. But always human.

How we respond to these encounters largely depends on how well **we know ourselves**. We can **respond – or merely react**.

To **respond** means to be present. Conscious.

To **react** means to automatically answer from pain – without realizing that this pain is actually a gift. A sign that something inside us wants to be healed, acknowledged.

And how to start recognizing these inner “pearls” that, if we listen to them, guide us back to ourselves?

That is the purpose of this workbook:

To catch the pain and transform it into a pearl of awareness!

– a message that teaches us to hear our inner voice and gently, gradually leads us into connection with ourselves and our inner worth.

Why write?

Writing is one of the most powerful ways to start building an honest connection with yourself. When we write – without filters, without expectations, without the need to be “right” – we give *space for our inner voice to speak*.

And often we are surprised at what comes to light.

The pain hiding beneath the surface needs a safe space **to express itself**. Not to be fixed or analyzed right away. **Just to be heard**. Writing allows exactly that.

It doesn’t have to be pretty.

It doesn’t have to make sense to anyone else.

It’s enough that it’s true for you.

This is not another task on your to-do list.

This is a space. A space for you.

For what hurts. For what calls out but you might have been afraid to say aloud for a long time.

So, let’s begin.

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Chapter 2: Enough Theory and “Chit-Chat.” Let’s Get to Work!

Now it’s time to put the theory into practice. In this small but deeply meaningful workbook, you will learn to recognize **pain** – that emotional charge that overwhelms you and often remains voiceless, suppressed, misunderstood.

To begin, choose **one specific event**, something that happened recently and upset you. Maybe you felt something was **unfair**, that you were **overlooked**, that something **hurt**

you – but you can't quite explain why it hurt so much. That's enough. **That is your material.**

And please, DO NOT FORGET: For years you might have learned that you must “be strong,” “forget,” “sweep it under the rug.” So it's **completely natural** if it feels difficult at first. That's why you start slowly. Just like archaeologists patiently uncover hidden layers of earth, you too will gently and respectfully start to reveal hidden layers of emotions and gradually discover and recognize their beauty.

With the help of this little workbook, you will learn how to even recognize that behind the pain, behind the emotional charge that “hit” you, there is a deeper meaning.

So, focus on ONE EVENT, a very fresh situation that hurt you. And PLEASE keep in mind: you have spent your whole life training yourself to “bury” pain, so be very kind and patient with yourself, just as archaeologists are patient with their precious findings. You will start by writing down everything that caused your pain, and then you will try to transform or PROCESS that pain, find out what lies beneath it, and with that lay the first STONE to taking your own power back into your hands.

And one more thing: don't wait for “big” traumatic events – everyday life brings small situations that trigger pain, feelings of invisibility, worthlessness, or shame. These are the greatest gifts and invitations to dive deep into your inner world!

Now, as you think about what to start with, focus on what you felt, where in your body you “felt the heat,” what monologues were triggered in your mind that only fueled your existing pain. For example: Someone interrupts you mid-sentence. You might have thought, “It's not worth making a mountain out of a molehill,” but if it hurt you more than it should have – that's your opportunity, your material! What did you feel then? Where in your body? What monologues were triggered (e.g., “My words don't matter. Hello, I have something to say too!”)?

✦ Before You Begin Writing – A Short Calming Ritual

Before you start working with your chosen event, take a moment to **arrive in yourself**.

Close your eyes and do the **3–3–3 calming breath** three times:

- Inhale gently and count to **3**,
- Hold your breath for **3**,
- Exhale slowly to the count of **3**.

This simple rhythm softens your system, quiets your mind, and creates a safe inner space where your truth can surface without pressure, without fear, without rush.

Only when the body is calm... the heart begins to speak.

Road Map: How to Approach This and What to Expect from Each Exercise or Step

1. Describe the event where the heat boiled inside you

A fresh core of pain, without filters, without edits, raw and brutally honest. Write as long as you feel the need to tell the story.

2. Rewrite the event the next day

Do NOT read the previous entry. Write the event again after the first wave of emotions has settled. By rewriting, you will more easily begin to recognize that perhaps behind a seemingly innocent situation lies deeper pain and meaning.

3. Discover what really triggered the pain

Understand that the event is *not the real reason* for your unconscious reaction but the trigger for a deep, old wound. What really hurt you? Which monologue in your head was the loudest and most painful? (There may be more than one.)

4. Recognize and shift limiting beliefs

Notice the old beliefs that no longer serve you. Then begin to gently replace them with new ones that support your growth. Try looking at the situation from a different perspective.

(Beliefs are like inner monologues that have been looping in our minds and subconscious for so long, we eventually come to fully believe and trust them.)

5. Observe the pattern of this belief in everyday life

Become aware of your thoughts and inner dialogues. Identify which beliefs are harmful and gradually replace them with more loving, realistic ones.

6. If you catch yourself in the same cycle – back to the start

If the same feeling or situation arises again, return to step one. But you will notice that you now see the same event differently! Find additional resources: podcasts, YouTube channels, free online materials, motivational speeches... BUT BE CAREFUL: **Don't stay only in theory** – motivational content can lift you, but you need to test everything **in practice** – what works / doesn't work FOR YOU! Only then will you feel a real change.

7. Daily progress journaling

Write daily:

1. Where did you notice the pattern? Where did you give in? Where did you succeed with a different response? Where did you recognize what you need but don't yet have the strength to change?

In the following exercises, you'll find a few general examples – just to give you a sense of how to begin. But once you sit down to write, simply allow yourself to follow your inner flow.

Let the pain and old patterns pour out of you – without holding back, without correcting.

This is how you make space for something new.

For thoughts that inspire. For feelings that heal.

Let the creation of your beautiful life begin – **right here, right now.**

✦ After Each Writing Session – End With Gratitude

When you finish your writing for the day, gently shift the energy.

Take a slow breath in... repeat the 3–3–3 three times and write down **at least three things you are grateful for today.**

Why?

Because gratitude closes the door softly.

It brings the body back into balance, lifts your emotional tone, and teaches your system that even though you touched pain, you didn't stay in it. You completed the process with softness, clarity, and light.

Gratitude transforms the heaviness into something manageable, understandable, and deeply human.

It reminds you that pain is only one part of you — not all of you.

Final thought:

Your path is not a race, but a precious, often quiet exploration of yourself.

Progress isn't the absence of pain – it's your ability to stay by your own side, even when it hurts. ***This journey is yours*** — tender, honest, and unfolding at the pace your heart can hold.

This guide isn't here to lead you to perfection, but to deeper presence, tenderness toward yourself, and a more honest connection to the truth already living within you.

Every sincere word you write is a step closer to yourself.

Every breath of calm and every moment of gratitude strengthens the relationship you are rebuilding with your own heart.

You're not just working through pain —

you're learning to return home to yourself.

Chapter 3: Exercise 1 – Describing a moment when something inside us boiled over

This is the moment where the practice begins. Take the time to pause and feel what still burns, hurts, or stings inside you. Maybe you felt rejected, misunderstood, unseen, ashamed, humiliated – or maybe you sensed unfairness. Whatever triggered your reaction, write about it. There's no right or wrong here. The only thing that matters is that ***you're brutally honest and authentic***. Don't sugarcoat it. Don't correct yourself.

Instructions for the exercise:

- Write without censoring yourself, without overthinking, without logical order. Write as if you were telling your story to your best friend who won't judge you. As said, it doesn't have to make sense to anyone but **yourself**.

Space for writing:

What happened? How did you feel?

(e.g. My boss cut me off mid-sentence in front of colleagues. I felt like no one takes me seriously. Disappointment. Anger. Deep humiliation.)

What do you regret not saying or doing in that moment? Which feeling was the strongest?

(e.g. I wanted to say: "I'd like to finish my thought first." But I stayed silent. I felt weak. The strongest emotion was... disappointment in myself.)

Before the final thought:

Before you close this exercise, take a moment to slow down. Gently close your eyes and repeat the 3–3–3 breathing cycle three times — breathe in for 3, hold for 3, exhale for 3. When you feel your energy settling, write down at least **three things you are grateful for today**. This small shift helps you end the writing with a softer, more grounded tone — so you don't leave *the page inside the same storm you entered with*.

Space for writing:

What are the three things you are grateful for today?

(e.g. I am grateful that I paused and did this exercise. I am grateful for the message my emotions showed me. I am grateful for the softness I feel after breathing.)

How did the 3–3–3 breathing shift the way you feel right now?

(e.g. My chest loosened. The pressure dropped. I feel calmer, more stable, and more in myself.)

Final thought:

This raw, honest record of the first wave of emotions lays the foundation for deeper understanding and healing. Allow yourself to be vulnerable, brutally honest, and real — it's this very honesty that opens the way to your inner strength, **your inner power**.

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Chapter 4: Exercise 2 – Revisiting the Event the Next Day

A day has passed, and your emotions have calmed down a bit. But **IMPORTANT** — do **not** read your first entry! It will only pull you back into the emotional whirlpool and rekindle the pain. Instead, try describing the event again — as if you're writing about it for the first time, but this time from a bit more distance, like from a slightly detached observer's perspective.

And most importantly: **Don't give up.** Don't convince yourself that you overreacted or that "it wasn't that bad." **No!** Your feelings matter. They are a signal that something inside you is trying to be heard — something that has been silent for a long time.

If you feel the urge to stop, it's often a sign that you've touched a truly painful spot — and now your subconscious is resisting. Why? Because it knows **you're right on the edge of making a breakthrough.** Of finally answering the call of that pain that's been waiting so long to be acknowledged.

Instructions for the exercise:

- Write the event again, this time from a bit more distance. How do you see the situation now? Has your experience or perspective changed at all?

Space for writing:

What happened — once more? How would you describe it now?

(e.g., Looking back now, the moment at the meeting was still painful, but I see it wasn't just about what he said — I was already quite tense myself. It still hurts, but it feels less personal.)

Can you now recognize what hurt you the most? Is it the same as yesterday?

(e.g., Yesterday I was sure I was ashamed because I didn't respond. Today I feel it hurt more that I felt unimportant again — like back home, when I wasn't heard.)

Before the final thought:

Before you close this exercise, take a moment to slow down. Gently close your eyes and repeat the 3–3–3 breathing cycle three times — breathe in for 3, hold for 3, exhale for 3. When you feel your energy settling, write down at least **three things you are grateful for today**. This small shift helps you end the writing with a softer, more grounded tone — so you don't leave the page inside the same storm you entered with.

Space for writing:

What are the three things you are grateful for today?

(e.g. I am grateful that I paused and did this exercise. I am grateful for the message my emotions showed me. I am grateful for the softness I feel after breathing.)

How did the 3–3–3 breathing shift the way you feel right now?

(e.g. My chest loosened. The pressure dropped. I feel calmer, more stable, and more in myself.)

Final thought:

When you look at the event from a distance, you can calmly recognize deeper layers of pain and meaning. This distance helps you see your truth without being overwhelmed by emotions.



Chapter 5: Exercise 3 – What *really* triggered the pain?

Now that you have two versions of the same event – one emotionally charged and one written with a bit more distance – it's time to go even deeper.

What exactly triggered your pain response? Not the event itself, but what it stirred up **within you**.

Instructions for the exercise:

- Take your time and try to remember: When have you felt this before? Where in your body did you feel it? What was the loudest, most painful monologue in your head? (e.g. “I’m not good enough,” “No one sees me,” “Nobody loves me,” “They always leave me.”)

Space for writing:

When have you felt this feeling, this pain before? What did you learn about yourself, others, or the situation back then?

(e.g. I remembered how, as a child, my mom would often interrupt me when I tried to explain something. I learned that my words didn't matter. That it was better to stay quiet, because at least then I couldn't say something wrong.)

What was the loudest voice in your head? Which belief hurt the most – and why? (e.g.

The loudest voice was: “No one takes me seriously.” That hurt because I had really tried to present things clearly – and still, it felt like my opinion wasn't worth anyone's time.)

Before the final thought:

Before you close this exercise, take a moment to slow down. Gently close your eyes and repeat the 3–3–3 breathing cycle three times — breathe in for 3, hold for 3, exhale for 3. When you feel your energy settling, write down at least **three things you are grateful for today**. This small shift helps you end the writing with a softer, more grounded tone — so you don't leave the page inside the same storm you entered with.

Space for writing:

What are the three things you are grateful for today?

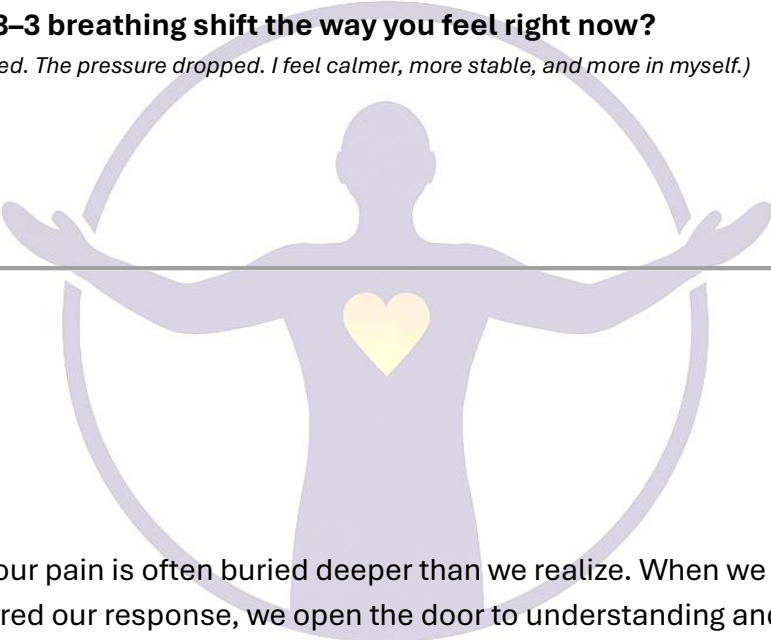
(e.g. I am grateful that I paused and did this exercise. I am grateful for the message my emotions showed me. I am grateful for the softness I feel after breathing.)

How did the 3–3–3 breathing shift the way you feel right now?

(e.g. My chest loosened. The pressure dropped. I feel calmer, more stable, and more in myself.)

Final thought:

The real root of our pain is often buried deeper than we realize. When we begin to explore what truly triggered our response, we open the door to understanding and healing old wounds. This is the first step toward freedom.



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Chapter 6: Exercise 4 – Recognizing and Rewriting Beliefs

Now that you've identified the belief that hurt you the most, it's time to truly face it. You no longer have to stay trapped in old stories. You can begin to rewrite them. And the first step is to become aware of them – and then gently try to shape a new story, one that uplifts and supports you.

DON'T FORGET:

Beliefs are like inner monologues that spin in our minds and subconscious for so long, we eventually start believing them completely – even if they don't serve us. If your inner voice has been critical, judgmental, or constantly dragging you down – this is your chance to consciously begin shaping a new one. A voice that encourages you, uplifts you, and stands by your side.

As you do this, always keep your true intention in mind.

Ask yourself: **“Do I want to express how I feel – kindly, lovingly, and honestly – or will I once again let old patterns dictate my reaction and reopen old wounds?”**

The choice is yours. And every time you choose consciously, you create space for real change.

Instructions for the exercise:

- Write down the old belief – the one that keeps repeating and causing pain. Then write down its opposite – a belief that supports and empowers you. Describe how you might act differently in a similar situation if you already believed this new thought. There's no right or wrong here. Give yourself the power! And remember: keep it connected to the same event you've been working on in the previous exercises.

Examples of old beliefs:

- “I'm not good enough.”
“I have to do everything by myself or it won't be done right.”
“If I show emotion, I'll seem weak.”
“Success isn't for me.”
“My opinion doesn't matter.”

Possible new beliefs:

- “I am enough – exactly as I am.”
- “I can receive help and still remain strong.”
- “My vulnerability is part of my true strength.”
- “I deserve success.”
- “I have the right to my voice.”

Space for writing:

Write down the old belief that causes pain and no longer serves you (you can list more than one):

(e.g.)

- *My opinion doesn't matter.*
- *If someone speaks louder or interrupts me, it means their words are more valuable.*
- *I don't know how to express myself clearly, so it's better to stay quiet.*

New belief that could support and empower you (feel free to write more than one):

(e.g.)

- *I have the right to my voice and time to express myself.*
- *Even if someone interrupts me, it doesn't mean my words don't matter.*
- *The value of my words is not determined by how others respond to them.*

How would you act if you were already living this new belief? (Let your imagination run free!)

(e.g.)

- *If interrupted, I would calmly say: “Let me finish my thought, then I'd love to hear yours.”*
 - *I wouldn't leave the room with a lump in my throat, but with the sense that I stood my ground and shared my truth.*
 - *After the meeting, I'd say to myself: “You did well – and even though it was uncomfortable, you stayed true to yourself.”*
 - *In similar situations, I'd prepare key phrases ahead of time that give me confidence: “You're worthy. It's all okay.”*
-

Before the final thought:

Before you close this exercise, take a moment to slow down. Gently close your eyes and repeat the 3–3–3 breathing cycle three times — breathe in for 3, hold for 3, exhale for 3. When you feel your energy settling, write down at least **three things you are grateful for today**. This small shift helps you end the writing with a softer, more grounded tone — so you don't leave the page inside the same storm you entered with.

Space for writing:

What are the three things you are grateful for today?

(e.g. I am grateful that I paused and did this exercise. I am grateful for the message my emotions showed me. I am grateful for the softness I feel after breathing.)

How did the 3–3–3 breathing shift the way you feel right now?

(e.g. My chest loosened. The pressure dropped. I feel calmer, more stable, and more in myself.)

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Final thought:

Old beliefs that no longer serve us are *not* our destiny. Once we recognize them and begin to replace them with new, loving, and truthful ones, we create space for growth, peace, and strength within.

Chapter 7: Exercise 5 – Observe the Pattern in Daily Life

This exercise builds on the previous one. Now that you're becoming aware of old beliefs and new insights, it's time to carry that awareness into your everyday life. The key is to OBSERVE – your thoughts, your reactions, your inner dialogue or monologue.

Instructions for the exercise:

- Catch the moments when old beliefs are still leading the way. Either write them down as they happen during the day, or take a moment in the evening to reflect. ***Don't judge or shame yourself - just observe.***
- Ask yourself: Does this belief still serve me? What else could I have thought or said to myself instead? And don't forget to also notice the moments when you responded in a NEW way – these are the golden nuggets of your growth!

Space for writing:

When did you catch an old belief today? In what situation?

(e.g. Today during a Zoom call, I wanted to suggest something, but just before speaking I stopped myself because I felt like maybe no one would listen. That old thought came back: "What I have to say isn't important anyway." – and I stayed silent.)

How could you have responded if you were acting from the new belief?

(e.g. If I believed I have a right to my voice, I would have shared my idea anyway. Even if someone interrupted me, I could have said: "Let me just finish this thought, then I'd love to hear your input." I could have reminded myself: "Even if someone disagrees, my words have value.")

Which inner voice was louder today – the old one or the new one? How did it affect your mood and behavior?

(e.g. Today the old voice was mostly louder. I was quieter and more careful. After the call, I had that familiar tightness in my chest and the thought: "Why didn't I speak up again?!")

But during a smaller conversation with a colleague, I allowed myself to share my opinion – that was a moment of the new voice. And in that moment, I felt a bit more proud and more connected to myself. I noticed: when I speak from the new voice, I feel more grounded and I breathe more easily.)

Before the final thought:

Before you close this exercise, take a moment to slow down. Gently close your eyes and repeat the 3–3–3 breathing cycle three times — breathe in for 3, hold for 3, exhale for 3. When you feel your energy settling, write down at least **three things you are grateful for today**. This small shift helps you end the writing with a softer, more grounded tone — so you don't leave the page inside the same storm you entered with.

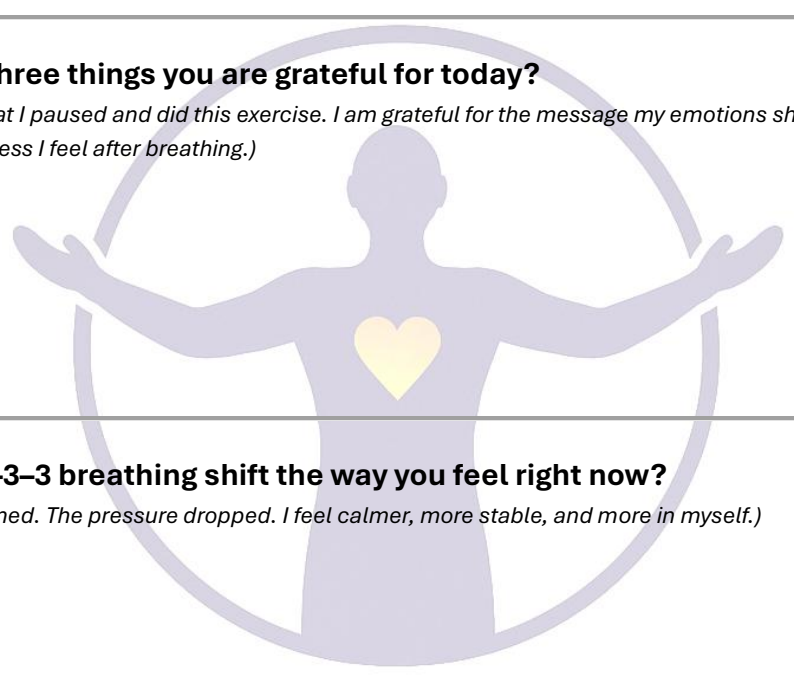
Space for writing:

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(e.g. I am grateful that I paused and did this exercise. I am grateful for the message my emotions showed me. I am grateful for the softness I feel after breathing.)

How did the 3–3–3 breathing shift the way you feel right now?

(e.g. My chest loosened. The pressure dropped. I feel calmer, more stable, and more in myself.)



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Final thought:

Tracking your patterns is like discovering a map of your inner world. When you recognize where old beliefs are leading you, you gain the power to choose a different path. Every moment of awareness is a step closer to your personal freedom.

Chapter 8: Exercise 6 – When You Get Caught in the Loop Again

This chapter is for those moments when you realize you’ve fallen into the same story, feeling, or reaction again. It’s okay – this is **not failure**. It’s simply a sign that something inside you is still alive. Something that needs your attention and loving presence.

Maybe you’ve stayed in theory and haven’t yet explored in practice what truly helps you. Maybe you’re simply tired and got pulled back into an old familiar pattern. When those old feelings return, they’re *not here to punish you – they’re here to remind you*. That something is still there. That it’s calling for understanding, not guilt. And please, don’t judge or shame yourself.

Space for writing:

What happened this time? Which “old wound” spoke up again? *(This could be a feeling of rejection, fear of failure, need for validation...)*

(e.g. Today I felt it again when my boss interrupted me mid-sentence. That same feeling came up – that my words don’t matter, just like when my mom used to interrupt me as a child. That wound of rejection and insignificance hurt again.)

Can you see the event as an opportunity for deeper insight, rather than a setback?

What is it still trying to teach you?

(e.g. This moment is teaching me that the pain isn’t just from the past – it’s a part of me that still hasn’t been heard or respected. It wants me to take time, stand up for myself, and find ways to express my thoughts, even when I’m interrupted.)

What tools, support, or insights have you found before that might help you now?

(Podcasts, books, breathing techniques, conversations, movement...)

(e.g. I recently came across a YouTube channel where they talked about how to stand up for yourself with confidence, even when people interrupt or ignore you. It inspired me to try calmly but firmly speaking my opinion next time – without backing down or feeling small.)

Before the final thought:

Before you close this exercise, take a moment to slow down. Gently close your eyes and repeat the 3–3–3 breathing cycle three times — breathe in for 3, hold for 3, exhale for 3. When you feel your energy settling, write down at least **three things you are grateful for today**. This small shift helps you end the writing with a softer, more grounded tone — so you don't leave the page inside the same storm you entered with.

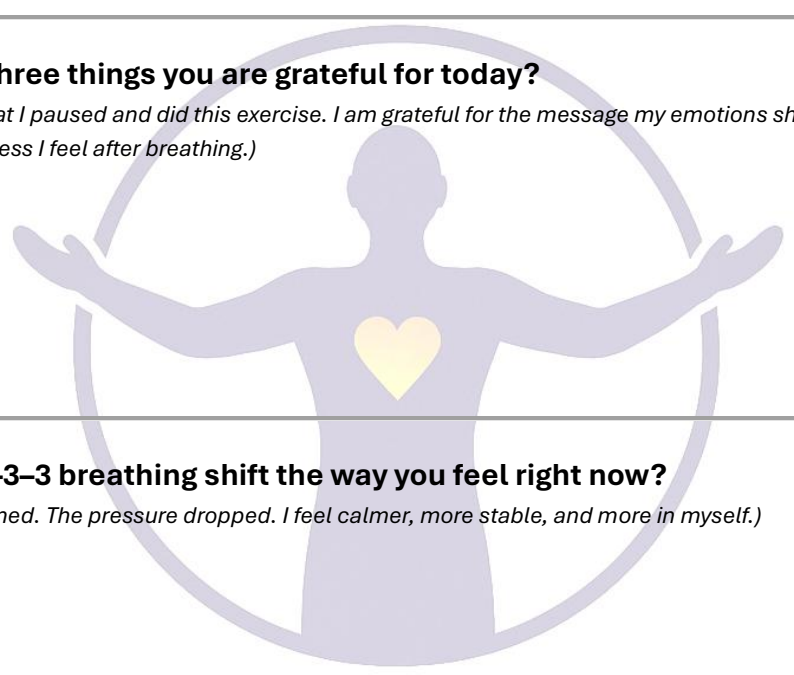
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How did the 3–3–3 breathing shift the way you feel right now?

(e.g. My chest loosened. The pressure dropped. I feel calmer, more stable, and more in myself.)



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Final thought:

Falling into an old *loop doesn't mean you're going backwards* – it means you're ready to look deeper. Every time you consciously return to yourself – with gentleness, not judgment – *you're choosing growth*. And that is true strength.

Chapter 9: Exercise 7 – Daily Progress Tracking

Progress is often quiet, gentle, and easy to miss – more of a whisper than a drumbeat. If we don't take time to notice it, we can easily underestimate how far we've already come. This exercise is here for exactly that: to help you see what *you might otherwise overlook*.

Just like with the "boiled frog" principle, where a gradual temperature change goes unnoticed until it's too late – we too can slowly sink back into old patterns without even realizing we're slipping. But the same is true in the other direction: we can grow and evolve steadily – and miss it unless we pause to look back.

That's why tracking *matters*, especially in the beginning. It builds awareness, brings a sense of continuity, and teaches us to recognize small wins – even before they become big.

This exercise is your space for daily reflection. You can fill it in at night or anytime you feel the need to reconnect with yourself. There are no rules – only honesty and kindness toward yourself.

Space for writing:

Where did you notice an old pattern show up today? How did you respond?

(e.g. Today I felt that urge again when my boss was about to interrupt me before I finished my thought. That old wound flared up – the feeling that no one really listens. I responded by shrinking – I went quiet and chose not to speak, just to avoid “disrupting” again.)

Where did you give in today? And how can you support yourself now, instead of punishing yourself?

(e.g. I got caught in the feeling that my opinion doesn't matter and that I'll be ignored again. Instead of blaming myself with guilt or shame, I can say: It's okay that this hurts – it means I care. I can take time to check in with myself and make a plan for how I'll stand up for myself next time.)

Where did you succeed today – with a new response or greater awareness?

(e.g. When I felt that familiar restlessness, I took a deep breath and told myself: “Your words matter.” I didn't immediately withdraw. I tried to finish my thought calmly and firmly. I felt more grounded and connected to myself.)

What did you realize you need today – but don't yet know how to ask for, allow, or express?

(e.g. I need more courage to share my ideas without fear of being interrupted or dismissed. I'm aware that I'm scared of being seen as difficult or incompetent, so I still hesitate to fully speak up.)

What can you gently tell yourself right now – as a kind reminder?

(e.g. "I'm learning to set boundaries and express myself without fear." "Even if I can't do it yet, I am still enough." "I'm learning. Every small step counts – even if it's not perfect.")

Before the final thought:

Before you close this exercise, take a moment to slow down. Gently close your eyes and repeat the 3–3–3 breathing cycle three times — breathe in for 3, hold for 3, exhale for 3. When you feel your energy settling, write down at least **three things you are grateful for today**. This small shift helps you end the writing with a softer, more grounded tone — so you don't leave the page inside the same storm you entered with.

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What are the three things you are grateful for today?

(e.g. I am grateful that I paused and did this exercise. I am grateful for the message my emotions showed me. I am grateful for the softness I feel after breathing.)

How did the 3–3–3 breathing shift the way you feel right now?

(e.g. My chest loosened. The pressure dropped. I feel calmer, more stable, and more in myself.)

Final thought:

Each day brings quiet wins and silent lessons that are easy to miss – especially if we're only measuring progress by external standards. But these moments are the foundation of your inner strength, your inner power. With awareness and self-compassion, you create a safe space for growth – without the pressure to be perfect.

Your progress is not a race – it's a journey. And with each entry, each honest reflection, you light up your path and gently remind yourself: *I'm here – and that matters.*

Chapter 10: A Support for the Road Ahead – When You Find Yourself at a Crossroads Again

This is not the end.

This chapter is a reminder.

A support, a guide, a walking stick on your path – something to lean on when you slip or when you're unsure where you're headed.

A space to pause, breathe, and remember what truly matters. Where you are... and where you long to go.

You'll have to walk the path yourself. Not with a perfect plan or without mistakes – but with presence.

You don't need to overthink how things *should* be or what you *could've* done differently. When we rely too heavily on past experiences and familiar patterns, we tend to create more of the same.

But deep down, you're *longing for something new*.

So: less analyzing, more feeling.

Less “what I *should* do,” more “what do I *feel* right now?”

There's a well-known saying:

The kind of thinking that got you into the problem won't get you out of it.

What's needed is a new perspective – one that comes through action, experience, and openness.

There will be days when everything feels blurry.

When it seems like you've forgotten everything. Like you've made no progress.

But that's not true.

Progress often isn't loud or obvious – but it's there.

In small shifts, in different choices, in allowing yourself to feel what's present.

Don't wait for everything to be clear or perfect.

Don't wait for fear to disappear.

When you move – even just a little – the path begins to reveal itself as you go.

Sometimes, a quiet sign appears: a quote, a conversation, a podcast, a website that “somehow finds you.”

And even if it feels random – it's not.

When you're ready, the teacher appears. In the right form, at the right time.

Just stay open, and allow yourself – allow yourself to trust, to believe in yourself, to love yourself.

Especially in *those* moments.

And above all – **don't stop** when it gets **uncomfortable**.

That's the pivotal moment where most people quit or turn back.

When discomfort starts pushing you out of your comfort zone, excuses tend to show up.

But right there – just beyond that edge – is often exactly what you've been longing for.

So:

Do something new. Even if it's small.

And most of all – keep going.

Don't forget:

- Practice makes the master – *if the master keeps practicing*.
- Success is often waiting just beyond the discomfort.
- You don't have to know it all. It's enough to take the *next* logical step.

Final thought:

Your journey is not a competition.

It's a path. Sometimes confusing, sometimes quiet – but always valuable.

And every time you pause, turn inward, and honestly admit where you are – you've already taken a huge step. That's why journaling, daily reflection, matters so much.

When you reread your beginnings and compare them to where you are now, you'll know – deep down – that you've moved forward.

Progress is not about no longer feeling pain.

Progress is knowing how to stay with yourself – even when it hurts.

When you don't know the way forward – **don't give up**. Just stay connected to yourself.

That's enough.