

*from a soft place to land, for you*



this page is yours, to rest, to feel, to begin again.



What boundaries have I been afraid to set, and why?

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How have I been abandoning myself in order to be chosen?

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What is love *supposed* to feel like for me?

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What would I say if I weren't afraid to lose them?

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*give yourself room to answer gently. you don't have to fix it all today.*