

Hunting the Darkness Within-Reflection Companion

These prompts are meant to be approached gently. Take breaks, listen to your body, and return only when you feel grounded. Healing is not a performance it is a quiet reunion with the parts of you that learned to survive.

Noticing the Battles You've Carried

- Where in your life did you learn to fight battles no one else could see?
- When did strength begin to feel more like survival than choice?
- What emotions did you have to silence in order to be 'okay' for others?

Burnout, Loyalty, and Self-Sacrifice

- Where have you mistaken endurance for worth or value?
- What parts of you became smaller so you could keep the peace?
- What did it cost you to stay silent in places that hurt you?

Sisterhood, Support, and The Ones Who Stayed

- Who helped you feel less alone when everything felt heavy?
- What did their presence give you that words could not?
- How has connection protected you from disappearing into the fight?

Power, Loss, and Letting Go

- Where did strength begin to blur into self-erasure?
- What part of your life needed you to walk away in order to survive?
- What truth surfaced once you finally stopped pushing through?

Becoming Your Own Protector

- What does safety look like for you now— not as endurance, but as peace?
- Where are you learning to lay the sword down instead of fighting harder?
- Who are you becoming now that survival is no longer your only story?

A Closing Question To Hold Softly

- If you no longer had to battle your way through life... who might you finally get to be?