

# Whole-Self Boundaries -Transition & Becoming Reflection Companion

This companion is meant to be moved through slowly. Pause when your body asks you to, return when you feel grounded, and let each question be an invitation-not a demand. These prompts are for seasons of transition, self-trust, and quiet boundary keeping.

## Listening to the Boundary Within You

- Where in your body do you feel the difference between fear and wisdom?
- What situations or patterns does your whole self quietly refuse to return to?
- What has your 'no' been protecting you from—even before you had words for it?

## The Cost of Returning vs. The Cost of Becoming

- If you returned to what once drained you, what part of yourself would be lost in the process?
- What grief surfaces when you choose a path that others may not understand?
- Where do you see evidence that this transition is protecting your future self?

## Motherhood, Identity, and Self-Preservation

- How has choosing yourself changed the way you show up as a parent or caregiver?
- What forms of presence matter more to you now than performance or productivity?
- What do you hope your children learn about self-worth by watching you rebuild?

## Living in the Space Between Lives

- Where does life feel uncertain—and where does it already feel more aligned?
- What parts of your old life still call to you, and what truth answers back?
- What small signs remind you that you are becoming, not failing?

## A Closing Question to Hold Gently

- What does your 'whole-self no' make possible for the person you are growing into?