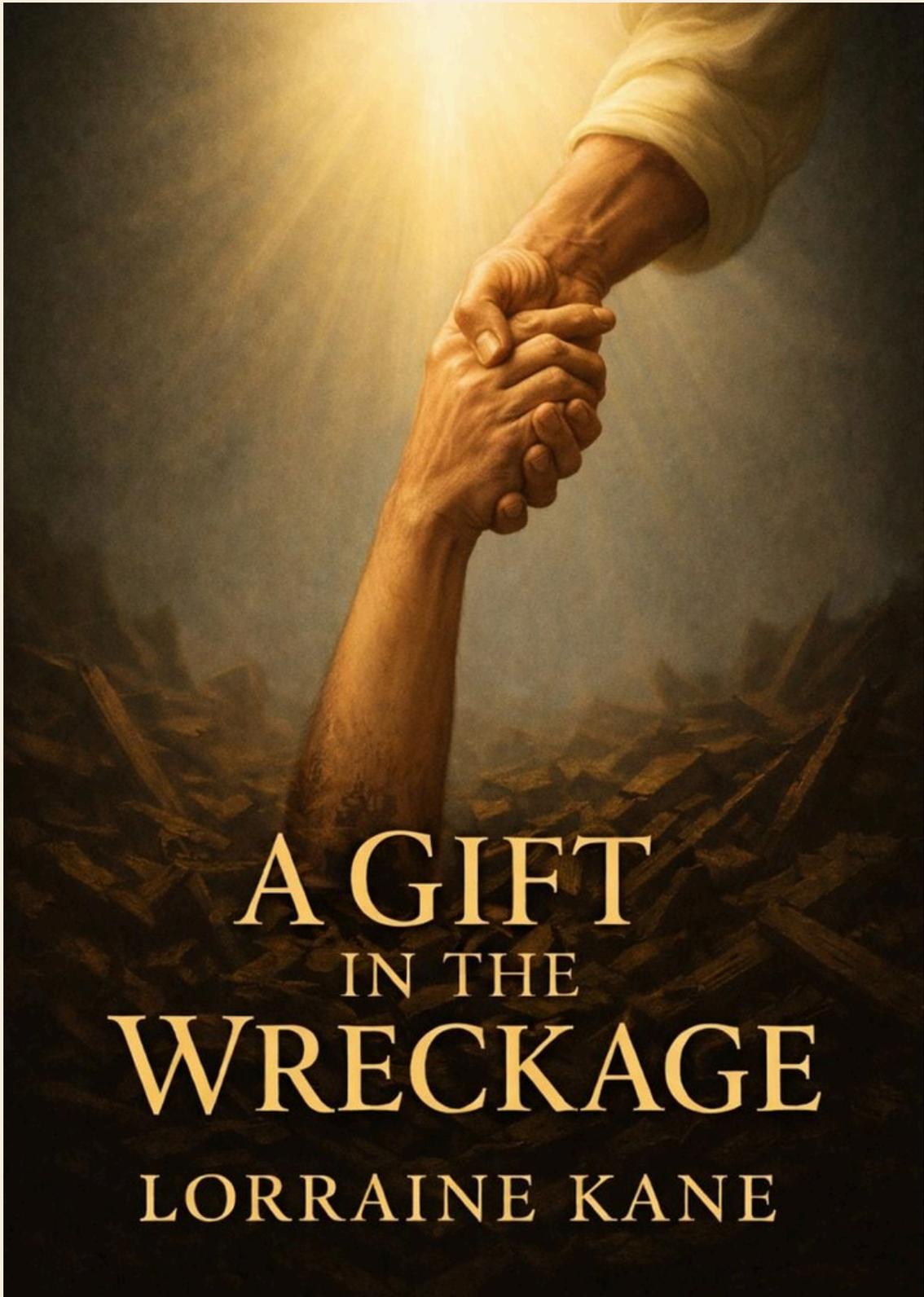


A COMPANION GUIDE TO



LORRAINEKANE.COM



HOW TO USE THIS JOURNAL

This journal is not meant to be filled perfectly, or all at once. It is a space for your own story to breathe alongside the one you've just read. Lorraine's journey from wreckage to gift is unique to her, but the process of seeking meaning, grappling with pain, and discovering unexpected grace is universal.

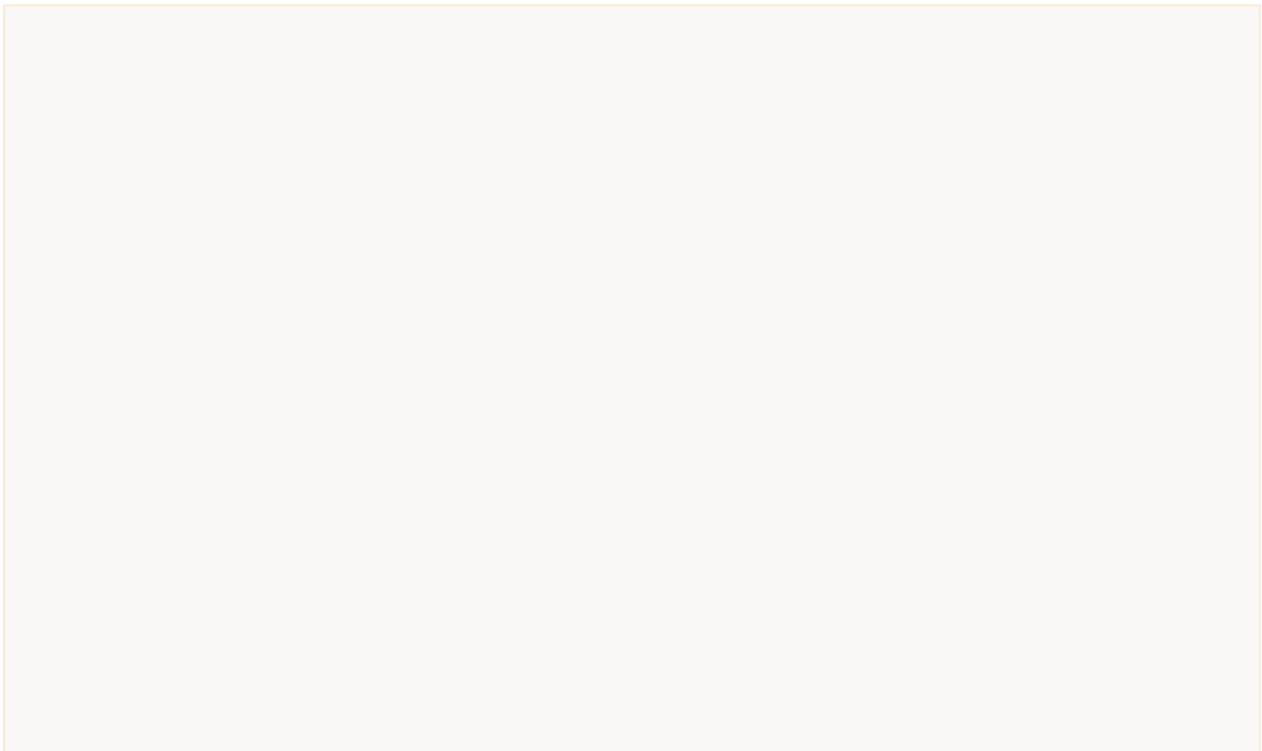
Let these prompts serve as gentle guides, not assignments. Return to them days, weeks, or even months from now. You may find your answers have changed, and that's a beautiful sign of your own becoming.

A Note on Safety: Some of these questions may touch on tender places. Please honor your own pace and boundaries. You are the author of your healing.

ENCOUNTERING YOUR WRECKAGE

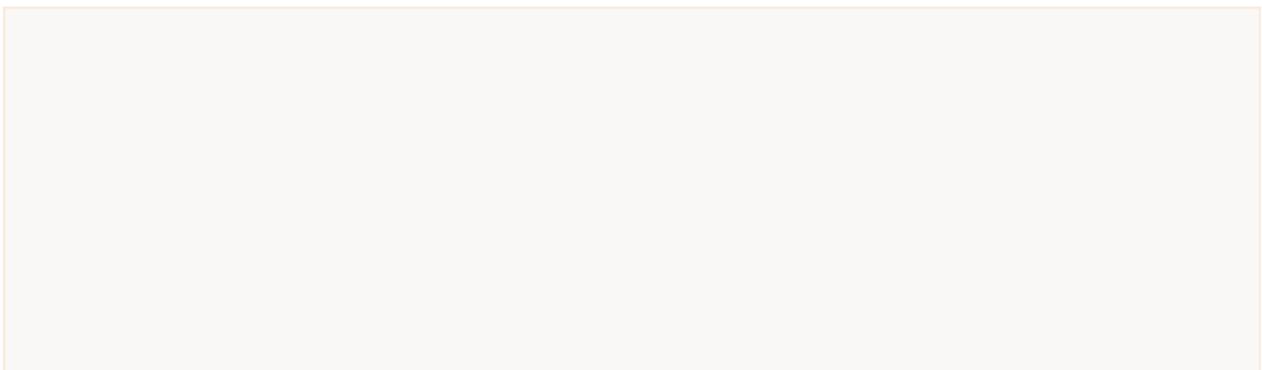
Lorraine's life had a clear dividing line: the moment of the accident. While not all fractures are so sudden, we all have experiences that change our landscape.

- Draw a simple timeline of your life. Mark the event(s) that feel like a "before" and "after." What was different about you on either side of that line?



To heal, we must first acknowledge what was broken.

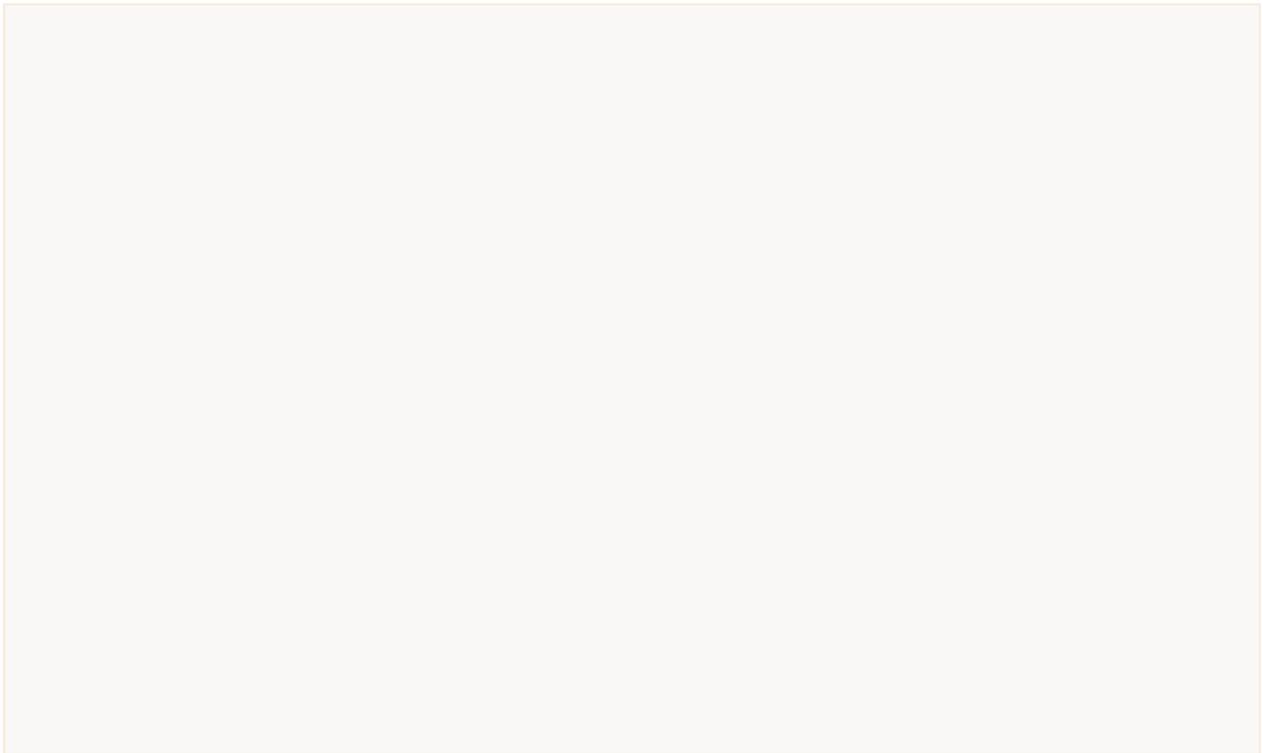
- Complete this sentence: "In my season of wreckage, what felt shattered was my sense of _____. " (e.g., safety, trust, identity, faith, control).



ENCOUNTERING YOUR WRECKAGE

Lorraine's physical trauma was a central character in her story. Our bodies often hold our pain long before our minds can articulate it.

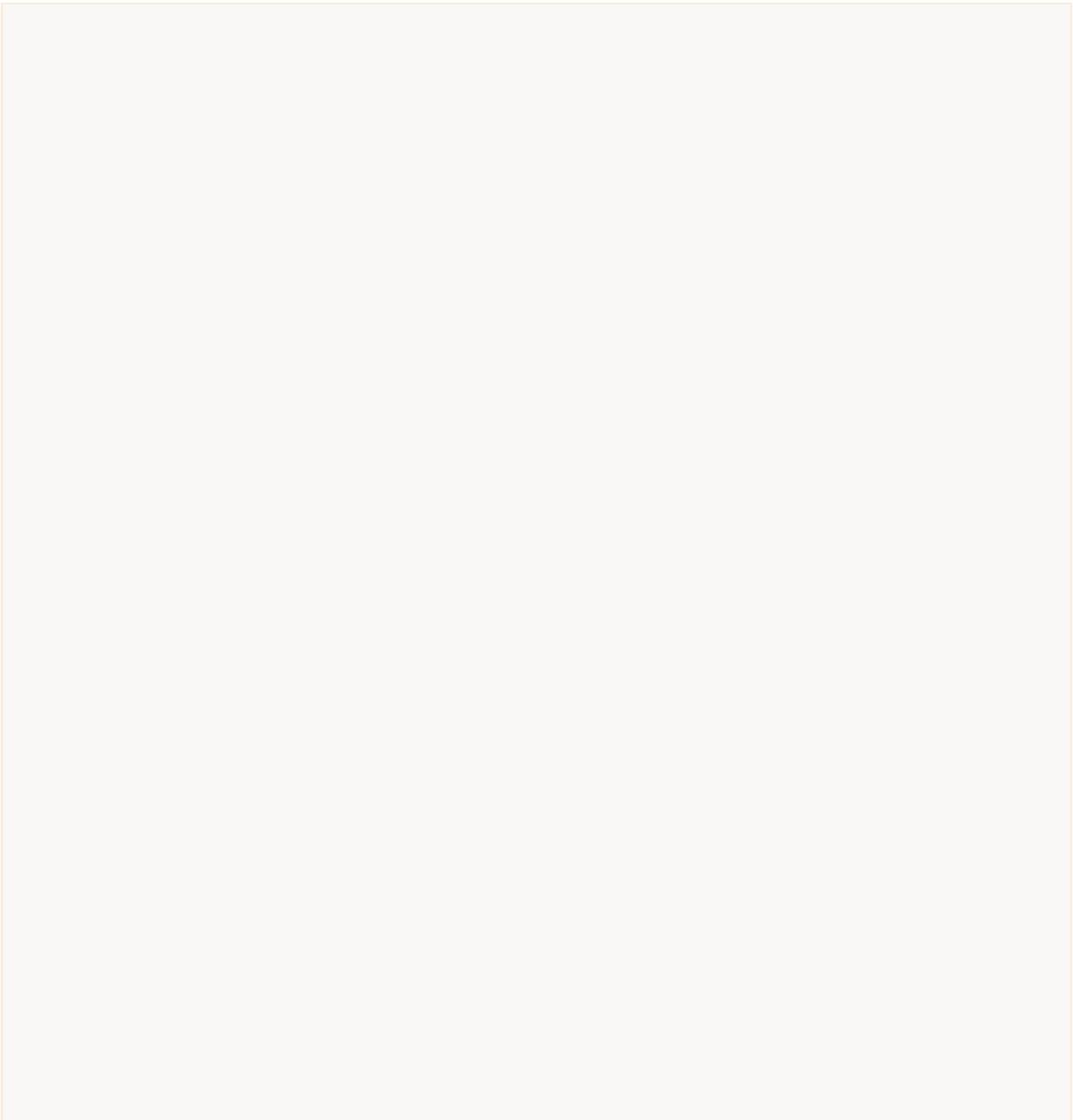
- Scan your body right now. Where do you feel tension, discomfort, or holding? If that physical sensation had a voice, what one word would it whisper?



THE SPACE BETWEEN – GRASPING FOR GRACE

Lorraine wrestled with why she survived when another did not. We often seek reason in the unreasonable.

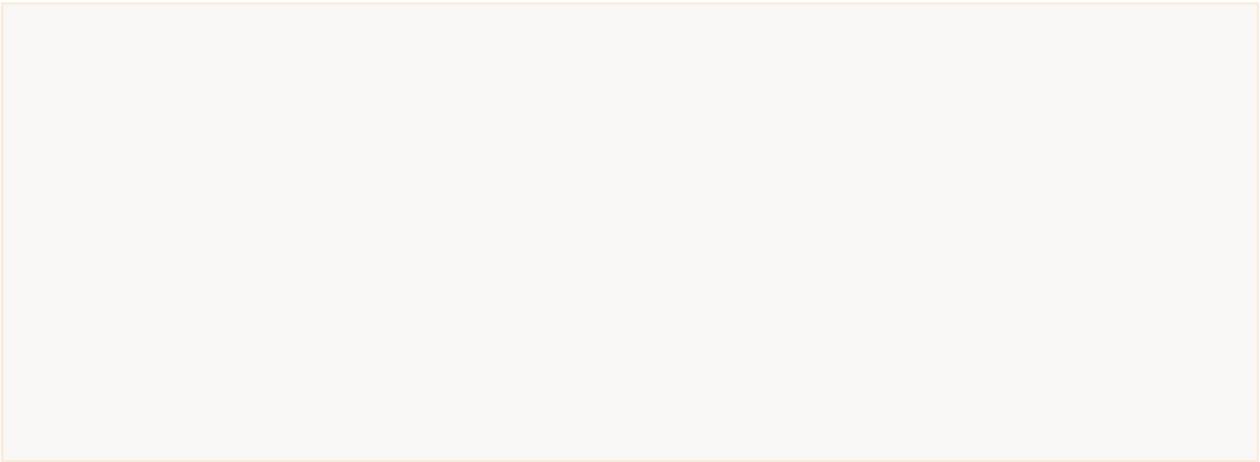
- Write a letter to your pain, your loss, or your "accident." Ask it all the "Why?" questions you've been carrying. Don't worry about answers yet.



THE SPACE BETWEEN – GRASPING FOR GRACE

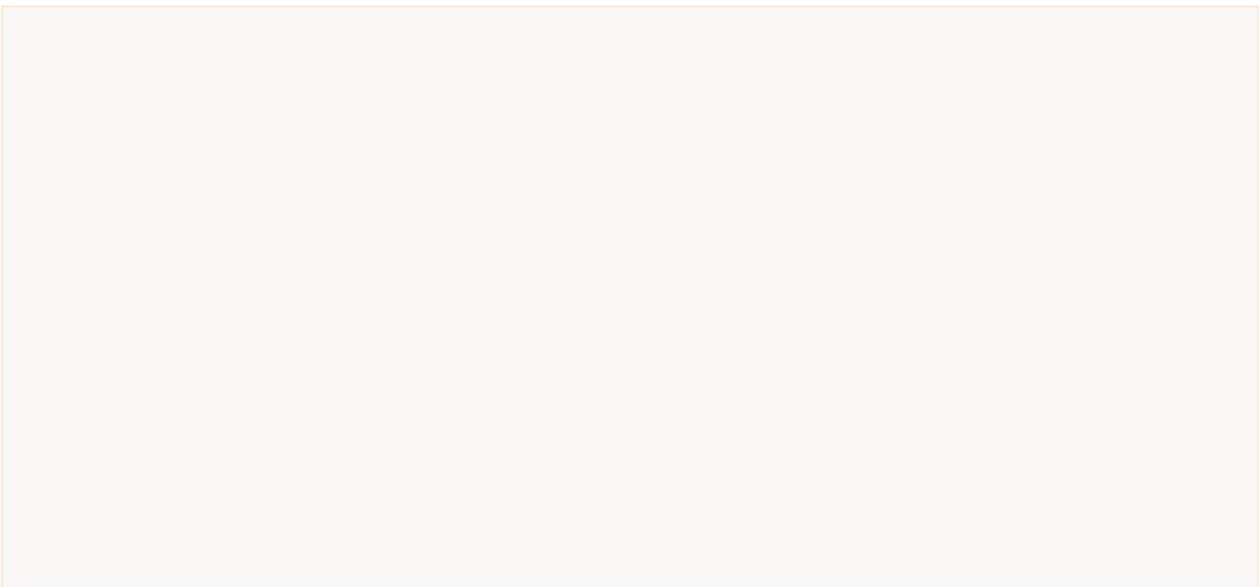
"Even in the wreckage, something was still alive."

- Recall the darkest period of your ordeal. Was there a single, small glimmer of hope or comfort? A kind word, a moment of peace, a stubborn inner voice? Describe it.



Lorraine's experience was a direct, mystical encounter. For some, the divine feels distant; for others, it shows up in human hands or nature's solace.

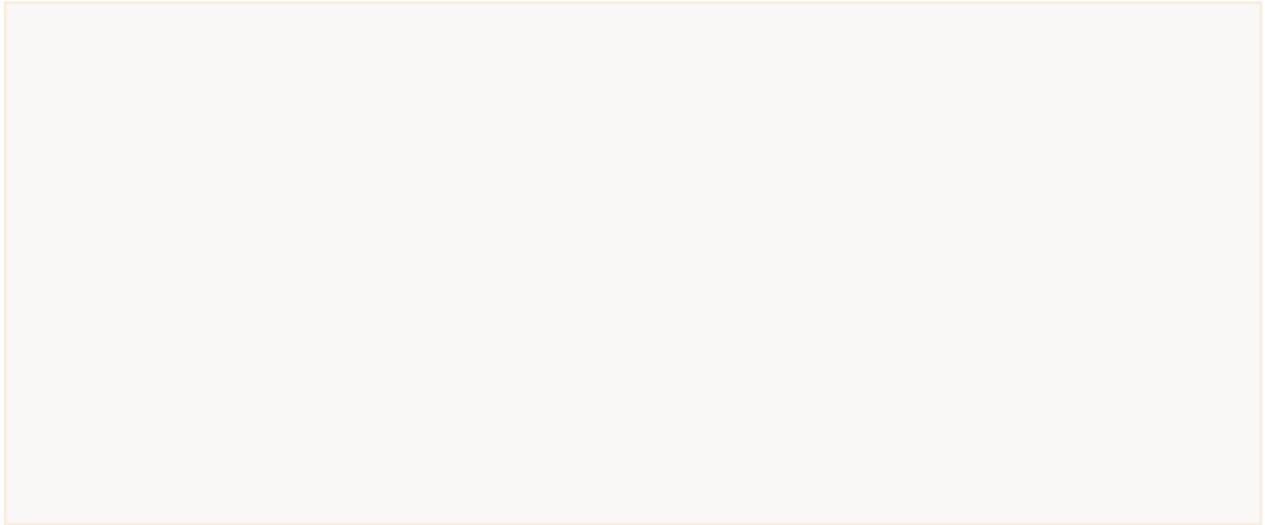
- How did you perceive the presence (or absence) of God, the Universe, Love, or Grace during your crisis? Describe it without judgment.



THE LONG ROAD BACK – BECOMING

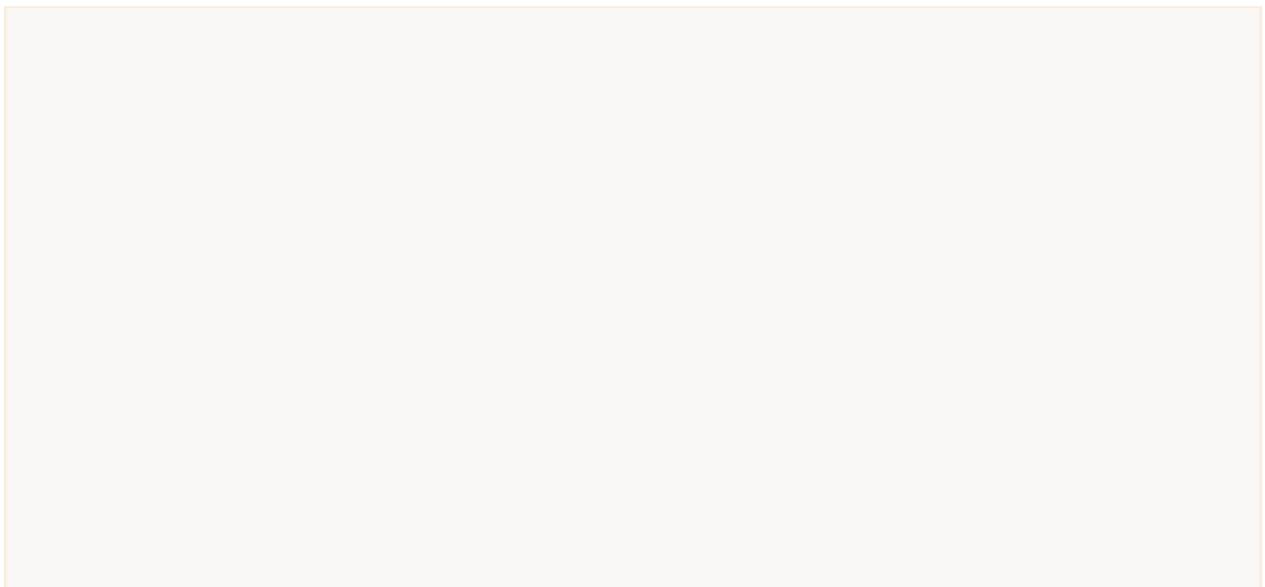
The gift wasn't the suffering. The gift was who you became because of it."

- List 3 strengths or depths you have now that you might not have had before your "wreckage." (e.g., deeper empathy, fierce resilience, clearer boundaries).



Lorraine journeyed toward forgiving herself, others, and even God.

- What does forgiveness look like for you right now? Is it a distant mountain, a path you're on, or a weight you've set down? Draw or describe the landscape of your forgiveness.



THE LONG ROAD BACK – BECOMING

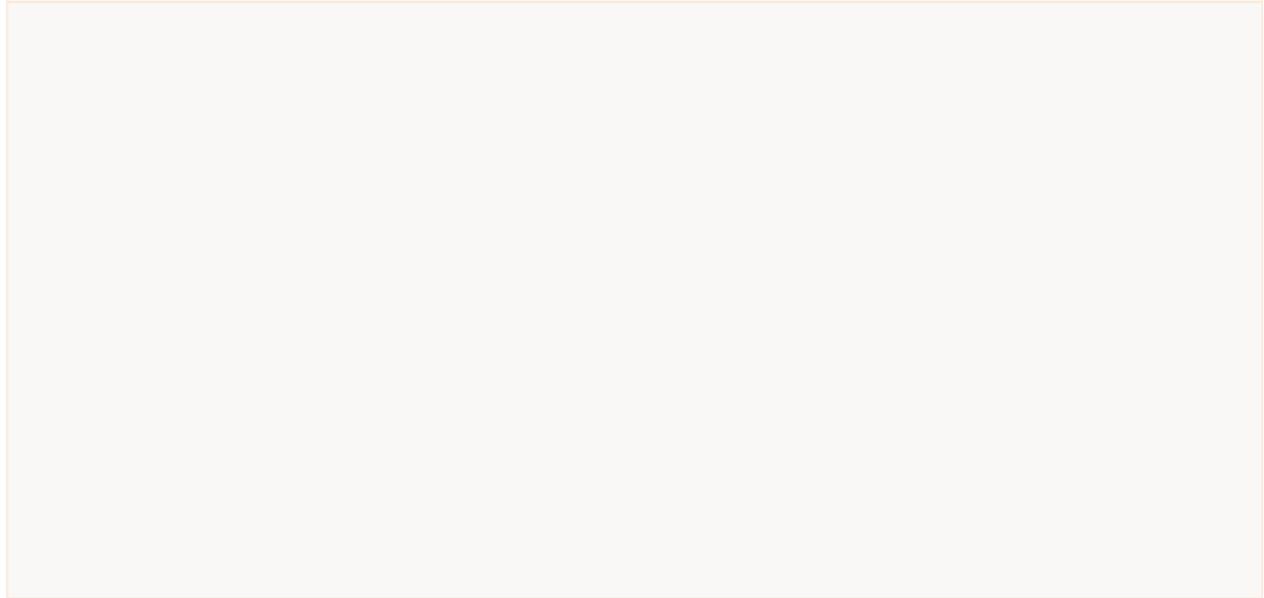
Healing required new routines—physical therapy, emotional check-ins, spiritual practices.

- What is one small, nurturing rhythm you can incorporate into your week to honor your healing? (e.g., a 5-minute morning stillness, a weekly walk in nature).

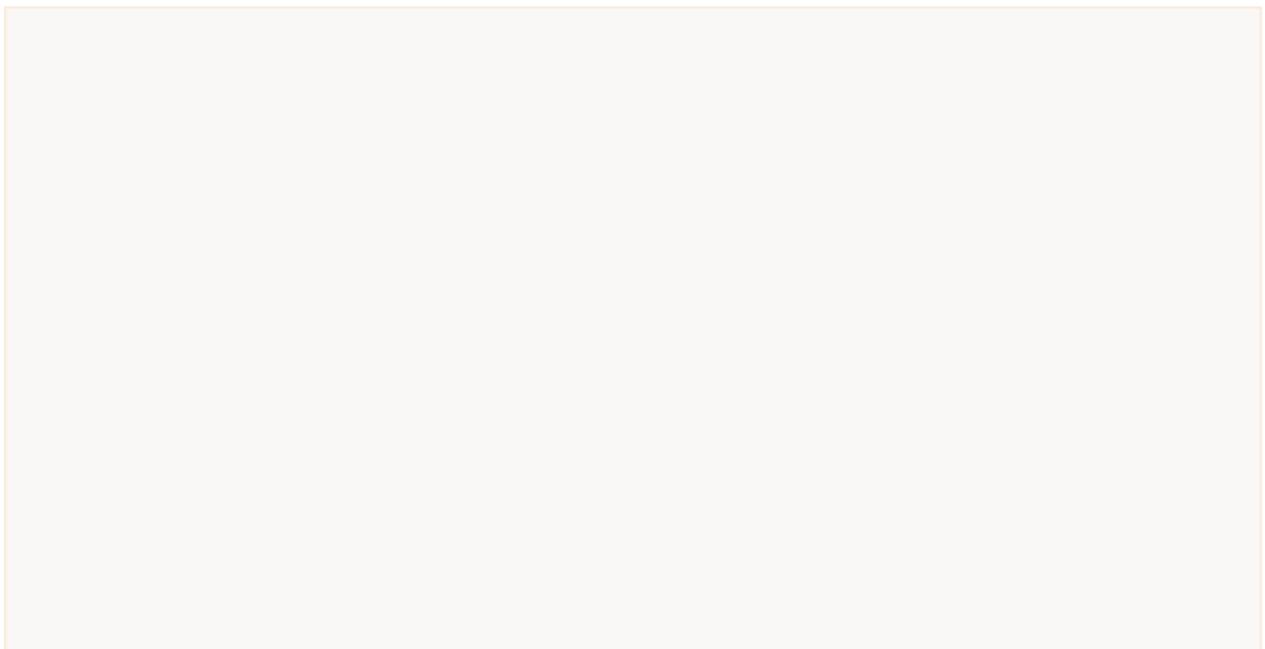
LIVING THE OPENING

"The wreckage was not the end of my story. It was the doorway into it."

- Looking back, what door did your crisis open that you hadn't seen before? What new room of your life are you now standing in?

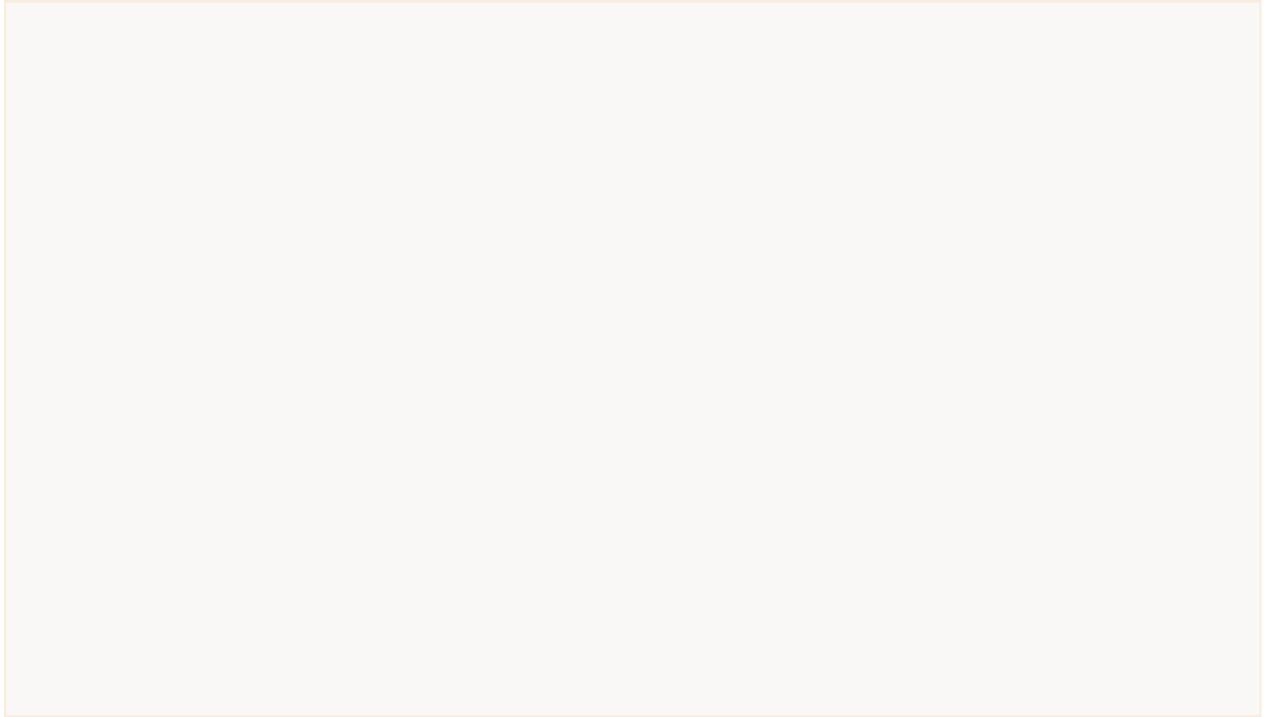


If you were to give this chapter of your life a book title, what would it be? (It doesn't have to be positive; it must be true).



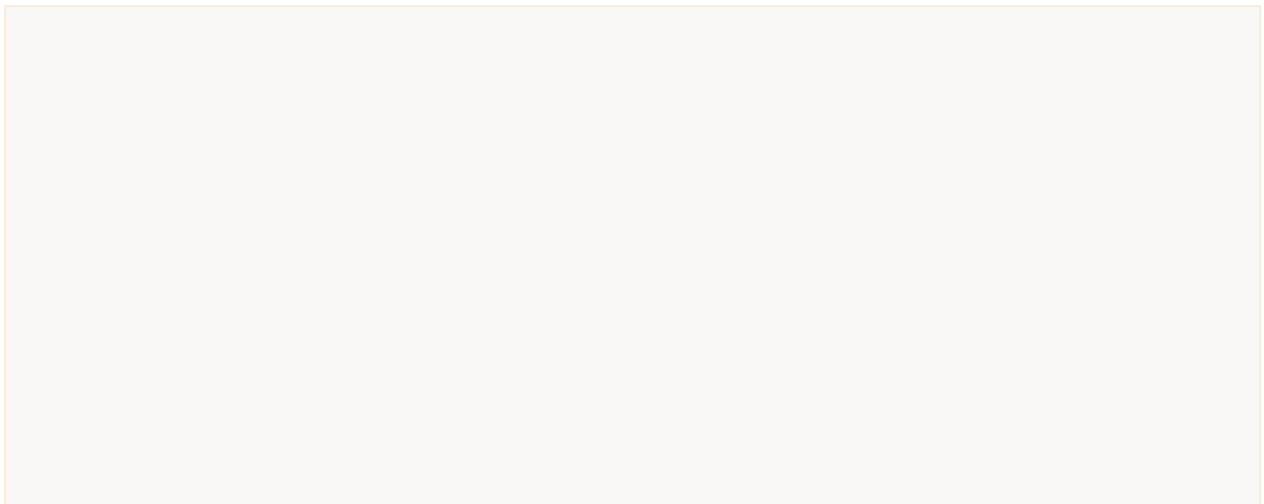
LIVING THE OPENING

Write a short note to the person you were at the start of this journey. What compassion, warning, or hope do you wish you could have heard?



Our stories are meant to be integrated, not left behind.

• How can the wisdom from your wound serve someone else? Finish this sentence: "Because I've been through this, I can now offer _____."



ONGOING PRACTICES

Daily Anchors:

- Morning: Before getting out of bed, ask: "What do I need to feel supported today?"
- Evening: Before sleep, acknowledge: "One way I was brave today was..."

When Overwhelmed:

1. Ground: Name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.
2. Release: Write down the swirling thought, then physically tear it up or safely burn it.
3. Connect: Reach out to one safe person and say: "I'm having a hard moment. Can I share it?"

CLOSING NOTE

You are the author, the protagonist, and the wise witness of your own story. This journal is a testament to your courage to look at the wreckage and still search for the gift. Remember, you are not walking this path alone. Just as Lorraine discovered, even in the deepest fracture, a hand is always reaching down.

Your journey continues. Be gentle with the traveler.

*Inspired by A Gift in the Wreckage by Lorraine Kane
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