

THE MYTHS OF BEING “BROKEN”

A GENTLE COMPANION TO
THE AUDIO REFLECTIONS

THIS PDF IS OPTIONAL
NOTHING NEEDS TO BE COMPLETED
LISTENING ALONE IS ENOUGH



A GENTLE BEGINNING

Before you begin, I just want to share this.

There's no right way to move through these pages, and nothing you need to do with them.

You don't have to read in order, reflect, or understand anything as you go.

This PDF is simply a quiet companion to the audio reflections — something to sit with if it feels supportive.

You may find it's best read on screen, slowly, rather than printed.

If you feel done at any point, that's enough.

If something resonates, you can stay with it.

And if nothing does, that's okay too.

Nothing here is meant to change you.
Nothing here suggests you need fixing.

You're welcome to begin wherever feels right.

THE BELIEF THAT YOU ARE INCURABLE

There can be a belief that settles in over time — the feeling that something about you is fixed or can't change.

When that belief has been around for a long while, it can feel very real.

And yet, beneath all of that thinking, there has always been something in you that hasn't been touched by it.

*Something in you has
always been okay.*

THE IMPACT OF DIAGNOSIS

Being given a diagnosis can feel heavy, as though it says something final about who you are or what your future looks like.

But a diagnosis lives in words and thoughts — not in you.

Even before any label existed, you already had moments where things felt lighter, clearer, or more peaceful.

*You are more
than any label.*

THE BELIEF THAT YOU MUST CONTROL YOUR MIND

It's easy to believe that feeling better means getting your thoughts under control.

But thoughts come and go all by themselves.

When they aren't wrestled with or fixed, they often settle naturally, allowing something calmer to show itself without effort.

You don't have to manage anything right now.

THE BELIEF THAT APPEARANCE IS THE PROBLEM

When appearance feels like the problem, it can seem as though peace depends on changing what you see.

But what we experience isn't coming from our appearance — it's coming from the thoughts we're in at the time.

As thinking softens, the way things look often shifts on its own.

*Relief doesn't live
in the mirror.*

THE BELIEF THAT HEALING REQUIRES CONSTANT EFFORT

Many people believe healing takes constant work and vigilance.

Yet some of the most meaningful moments of ease arrive when we stop trying — in rest, quiet moments, or simply being present.

There's something natural already moving you in the right direction.

*It's okay to let go
for a moment.*

THE BELIEF THAT YOU ARE BROKEN

Feeling broken can feel deeply personal, as though it says something true about you.

But that feeling comes and goes, just like any other state of mind.

Beneath it all is something steady and whole — something that has never been damaged or lost.

*Nothing about you
needs fixing.*