

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



 *Amarisse Within*




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.



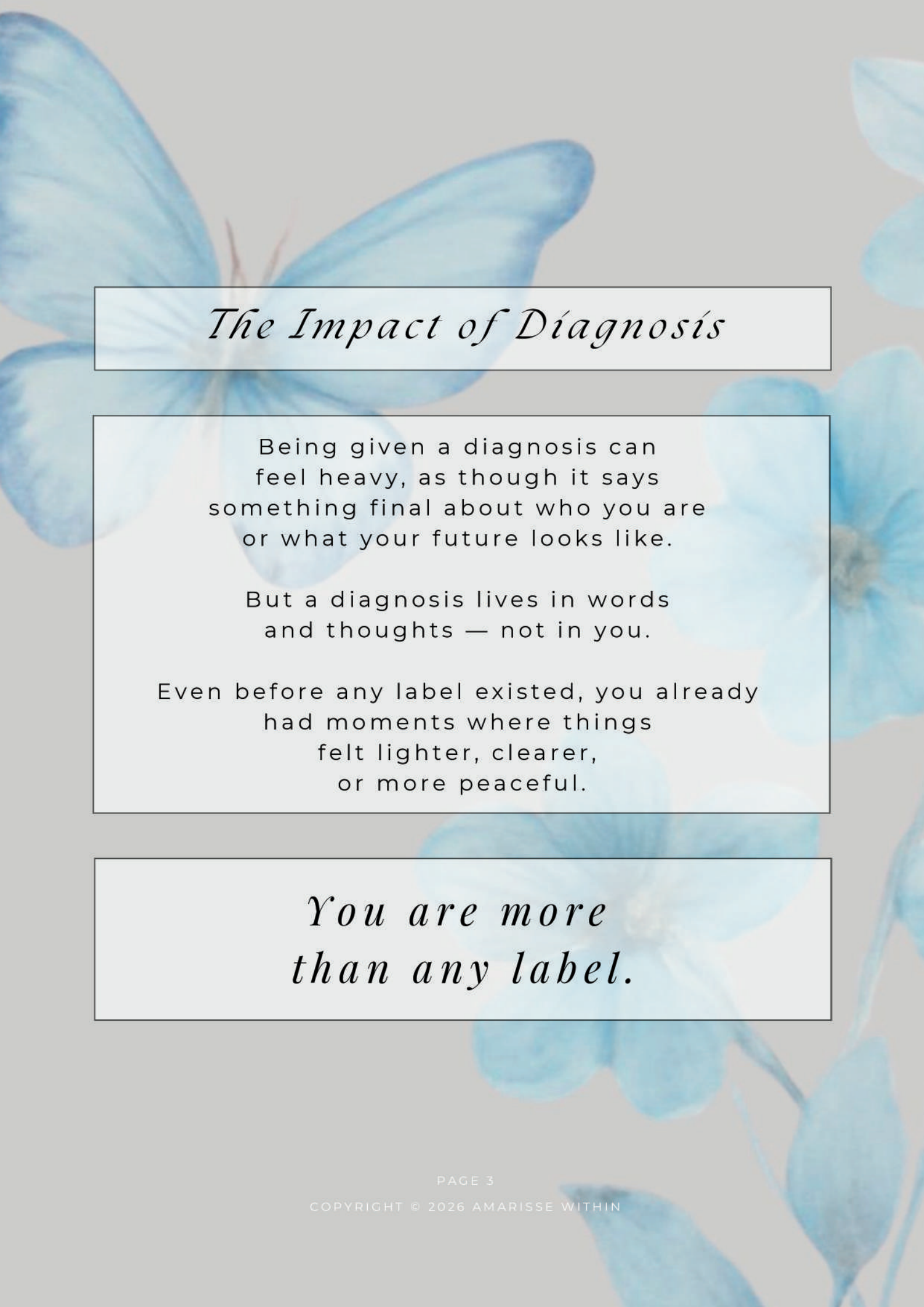
*The Belief That
You Are Incurable*

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
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.*