

Reggie's Journey

DEEP

**In the Belly of
Depression**

**Episode 6 - Shared Stories
Listener's Reflection Journal**



Health Healing and Hope Podcast Journal

Episode 6: Shared Story – Reggie's Story

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1. Key Takeaway

Reggie shared how he lived as “a master of the mask”— outwardly strong, but silently battling depression. Healing began the moment he admitted the truth and allowed himself to be vulnerable.

“Transparency shows people what we choose; vulnerability reveals the truth.”

2. Reflection Questions

- Where in your life have you been wearing a “ mask” ?
- Who in your life truly sees you, and how might you allow them in a little more?
- Reggie’ s healing began with one honest “ Yes.” What truth might you need to confess today?

3. Scripture to Meditate On

Jonah 2:2 (GNT): “ In my distress, O Lord, I called to you, and you answered me. From deep in the world of the dead I cried for help, and you heard me.”

James 5:16 (NIV): “ Therefore confess your sins to each other and pray for each other so that you may be healed.”

4. Journaling Space

Write down one mask you're ready to take off.

Name one trusted person you can reach out to this week.

5. **Affirmation**

“ I don’ t have to hide. My healing begins when I take off the mask and choose honesty, hope, and courage.”