

Let this be your sacred space to release, reflect, and rise.

By Rosalyn Casas Lula's House of Serenity

Letting Go & Letting In A Self-Acceptance Reflection

By Lula's House of Serenity | Rosalyn Casas

WHAT HAVE I BEEN BLAMING MYSEFF FOR:
I often blame myself for
The story I've been telling myself about this is
If I could speak to myself with compassion, I would say
——————————————————————————————————————
WHAT DOES SELF-ACCEPTANCE MEAN TO ME
To me, self-acceptance means
If I fully accepted myself, I would stop
If I fully accepted myself, I would start
The version of me who accepts herself shows up in the world by

I release the weight of blame. I welcome the peace of self acceptance.





Why I Choose Recovery

A Reflection from the Heart

I Want to Recover Because...

Take a few deep breaths. Write freely from the heart. Let your "why" come from your truth—not shame, pressure, or fear.

I want to recover because
What's waiting for me on the other side of recovery is
The people who will be impacted by my healing are
What Would Change If I Stayed Committee Imagine your life 6 months or 1 year from now—fully committed to your recovery. What's different? What's better?
If I stay committed to my recovery, my daily life will feel like
I will begin to love myself by
The version of me who is committed to healing is

"I am choosing recovery, not just to survive—but to rise, to reclaim, and to truly live."

Know Your Triggers, Find Your Safe Space

A Self-Awareness & Support Guide

MY COMMON TRIGGERS ARE

Situations or environments that often trigger me:
Emotions or thoughts that make me feel most vulnerable:
People or behaviors that usually activate my stress or cravings:
SAFE PEOPLE & PLACES I CAN TURN TO People I can call/text when I feel triggered or overwhelmed:
Places that make me feel grounded, peaceful, and safe:
Supportive practices or resources I can turn to:

LULA'S HOUSE

When I feel lost in the storm, I choose safety, not shame. I am allowed to protect my peace. \nearrow

DAILY CHECK-IN & REFLECTION

A Mindful Practice for Recovery & Self-Love



MORNING CHECK-IN: HOW DO I FEEL?

Begin your day by slowing down and tuning in. Let your feelings speak without judgment. This is your space to be honest, soft, and real.

Closing affirmation: "I honor my growth – morning, noon and night. I am always becoming."

Pride & Forgiveness

A Heartfelt Practice for Inner Healing

		I Am	Proud	of Mys	self For
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Take a moment to celebrate yourself. Your progress, your coourage, your

growth—It matters. Name something you've done or a way you've shown up that makes you proud.
Today (or recently). I am proud of myself for
This action shows that I am becoming
🖾 One Thing I Forgive Myself ror Is
Let go of shame. You are human, healing, and learning. Write down something you're ready to release and offer yourself compassion instead.
I forgive myself for
I m longer need to carry guilt for this because
Instead of shame, I choose to feel

"I honor my progress and release my pain. I am proud of who I am—and gentle with who I've been."

MY CIRCLE OF SUPPORT

KNOWING WHO TO CALL & LEAN ON IN RECOVERY

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WHO SUPPORTS ME EMOTIONALLY?

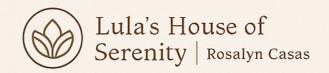
List the people in your life who offer emotional support without judgment. These are the ones who help you feel seen, heard, and valued.

People who listen to me when I'm struggling:
People who make me feel emotionally safe and supported:
Someone who always reminds me of my stength:
WHO CAN I CALL IN A MOMENT OF TEMPTATION?
Create a go-to list of names and numbers you can turn to immediately when you feel triggered or tempted. Think of people who will guide you back to yourself.
When I feel tempted, I can call (Name) (Phone #)
Other recovery resources I can reach out to: (Sponsor, hotline, group, peer mentor, etc.)
One thing I can say when I reach out: 'HI, I'm struggling right now and I just need someone

"I am never alone in this journey. I have people, I have support, and I have a choice."

to remind me why I started."





Visualize Your Healed Self

A Guided Vision for Growth & Empowerment

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Picture Your Best Healed Sell – Describe Her
Close your eyes. Breathe deeply. Now imagine the version of you who is healed, whole, and thriving. What does she look like, sound like, feel like?
She walks through life with
She shows up each day as someone who
The way she speaks to herself is
The energy she carries feels like
✓ What Habits & Mindset Does She Have?
Think about the daily routines, thought patterns, and attitudes your healed self practices. These are the seeds you can begin to plant now.
She nourishes herself by
She protects her peace by
Har mindest about healing is
Her mindset about healing is

"I am already becoming the woman I envision.

She lives within me—and I am choosing her every bay."

Rosalyn Casas

My past does not define me.

I am allowed to grow at my own pace.

Today,
9 choose
grace over
guilt.

One step at a time is still movement forward.

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