



**REFLECTION**

**JOURNAL -**

**The Dingy Wonder Woman  
Bra: Healing Old Wounds  
with New Perspectives**

**Prompts to help embrace fear, live  
authentically, and move forward.**

# A NOTE FROM DR. KATINA



*Welcome!*

Sometimes, it's not the big, dramatic events that shape us—it's the small moments. A comment. A glance. The way someone made us feel less than when we were just trying to exist.

In my story, it was a little girl pointing out my worn Wonder Woman bra. I didn't know it then, but that tiny moment followed me into adulthood—quietly shaping how I saw myself and how I moved through the world.

The truth is, many of us are still carrying those invisible marks. We build habits, defenses, and even personalities around them—without ever pausing to ask, Why am I really like this?

This journal prompt is your invitation to pause. To look back—not to relive the pain—but to understand it. Because once you understand it, you can rewrite it.

So, let's tend to that younger version of you. The one who still deserves kindness.

With Love,

*Dr. Katina*

## PART 1 - UNCOVERING THE MOMENT

**Think back to your childhood - Not the happy highlight reel, but those quieter moments that made you shrink, hide or question your worth**

**1. Can you recall a moment from your childhood where you felt exposed, embarrassed, or “not enough”?**

**Describe it in detail. Where were you? Who was there? What was said or done? How did your body feel in that moment?**

**(Let the memory surface without judgment. You're safe now.)**

[illegible]

# REFLECT & WRITE

## PART 2 - THE MESSAGE YOU CARRIED

**2. What silent message did you take away from that moment?  
For me, it was: “You’re not enough. Not clean enough. Not good  
enough.”**

**What was it for you?**

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**3. How has that message shown up in your adult life?  
Look at your habits, your self-talk, the way you present yourself to  
the world.**

**Where are you overcompensating or protecting yourself because  
of that old wound?**

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# REFLECT & WRITE

## PART 3 - SEEING THROUGH WISER EYES

**Now, I want you to step into the version of  
yourself today—the one with wisdom,  
experience, and compassion**

**4. If you could go back and sit beside that younger version of you in  
that moment, what would you say to them now?**

**Write a letter or a few sentences to your younger self. What do they  
need to hear?**

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# REFLECT & WRITE

## PART 4 - RELEASING & REWRITING

**5. What would it look like to release that old story?  
What habits, thoughts, or beliefs are you ready to let go of  
because they no longer serve you?**

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**6. How can you remind yourself daily that you are already enough—  
without needing to prove yourself, perfect everything, or hide who  
you truly are?**

**List 2-3 affirmations, practices, or gentle reminders that will help  
you honor your true worth moving forward.**

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# REFLECT & WRITE

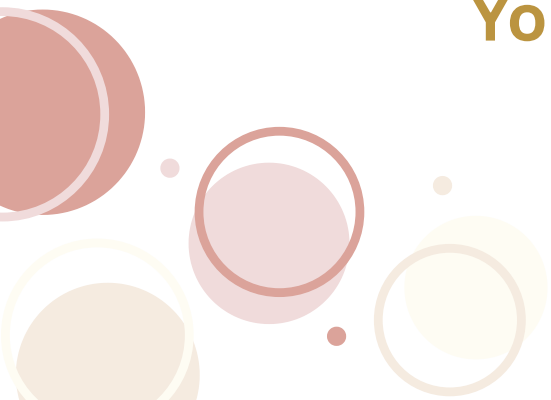
## CLOSING REFLECTION

**That 10-year-old version of you doesn't need more protection—they need your compassion.**

**You don't have to live in reaction to old moments anymore. You get to rewrite the story—with truth, with clarity, and with grace.**

**Take a deep breath.**

**You've already started.**



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