



REFLECTION JOURNAL:
When Strength Becomes A
Shield – A Space to Reflect,
Release, and Reconnect with
the Strongest Parts of You

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

A NOTE FROM DR. KATINA



Welcome!

Dear Listener,

Thank you for taking the time to listen to this episode and for being here with this journal in your hands.

This story took me back to a moment where I had to grow up fast—where self-sufficiency wasn't a choice, but a survival skill. Maybe you've had to carry your own version of that strength too.

This companion journal is here to help you explore what strength has looked like in your life. Not to fix anything. Just to reflect, release, and allow. You don't need to write perfect answers—just honest ones.

Take your time. Be gentle with yourself. Let these pages hold space for your healing.

With gratitude,

Dr. Katina



[illegible]

When did I first learn I had to be strong? What did I feel then? What do I feel now?

[illegible]

What would it look like to trust others just a little more?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

REFLECT & WRITE

3. Who are the people in my life that I keep at arm's length, even though they want to show up for me?

What's holding me back from letting them in?

4. What does support look like for me right now?

What do I **really need—and who might offer it if I allowed myself to receive?**

REFLECT & WRITE

5. How have my early experiences shaped the way I approach love, help, and connection?

What beliefs about independence or trust am I ready to shift?

6. What am I learning about grace?

How can I offer more of it—to myself and to others?

REFLECT & WRITE

FINAL REFLECTION

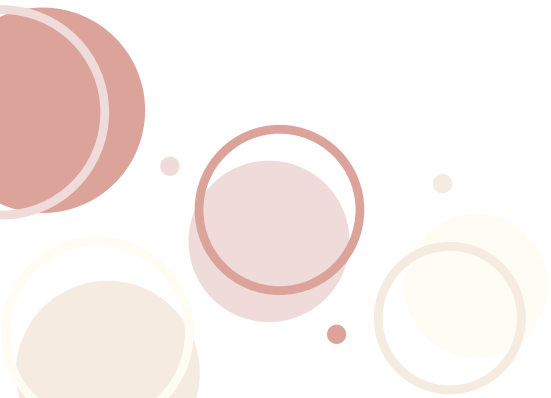
Finish this sentence in your own words:

**“If I laid down the need to be strong all the time, I
would finally feel...”**

**Sit with whatever rises. It doesn't need to be
complete or perfect—just true.**

You're allowed to be held.

You're allowed to be whole.



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reflections.**

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