



REFLECTION JOURNAL - String Bean

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

A NOTE FROM DR. KATINA



Welcome!

Welcome back to DrKatinaTalks! I'm so glad you're here for this new season — because this conversation is about coming home to yourself. So often, we silence our needs, hide behind a mask, or play the 'strong one' until we forget what it feels like to be truly seen. Today, I want to invite you into a safe space where we unpack that silence, those masks, and the weight of always being strong — and instead, explore how we can give ourselves permission to be honest, vulnerable, and whole

With Love,

Dr. Katina

Think about a time when you remained silent about your needs in a relationship. What held you back from speaking up?

[illegible]

Who in your life has been loving you based on the “mask” you’ve shown them, rather than the full truth of what you want or need?

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.

What's one small but real need you have right now (time, affection, attention, listening)? Write down the exact words you could use to voice it.

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

How has being “the strong one” shaped your relationships? What would shift if you allowed yourself to show vulnerability?

[illegible]

[illegible]

REFLECT & WRITE

CLOSING REFLECTION

As you close this episode, I want you to sit with these questions. When have you hidden your true needs?

Who has only loved the version of you behind the mask? And what would it look like — even just in

small, brave steps — to voice what you need and

allow yourself to be cared for? Imagine a life where your needs are not only spoken but also honored.

That's not selfish; that's sacred. So take these

prompts with you into your journal, into your

relationships, and into your healing journey. Because

your voice, your needs, and your truth deserve to be

heard — always.



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