



The Battle Within

A Guided Journal for Healing and Wholeness

A Companion to the Brave Work of Becoming Whole

by **Aaliyah Simon**



Dedication

To the warrior who has fought silent battles in the dark—
this journal is for your light.

For your truth.

For your rising.

You are not broken.

You are breaking through.

Welcome Letter

Dear You,

I want to begin by saying this—**you are brave** for opening this journal.

Whether you are at the beginning of your healing journey or somewhere deep in the process of unbecoming who you were never meant to be... you are not alone.

This journal is a sacred space. A space to ask hard questions and listen for soft answers. A space to grieve what you never got and celebrate the strength that kept you going. A space to rediscover your voice, your faith, your wholeness.

The Battle Within was written from my own journey of survival, silence, and surrender. And this journal is an extension of that story—now intertwined with yours. Each reflection, each sacred quote, each prompt is an invitation:

To go deeper.

To feel what you buried.

To remember who you are.

And to return home to yourself.

Take your time.

Let the pages meet you where you are.

You don't have to be polished to begin—just present.

I pray these words bless you, hold you, and remind you:

Healing isn't about becoming someone new.

It's about remembering the you that's been waiting beneath the pain.

With grace and gratitude,

Aaliyah Simon



Theme 1: The Wound of Silence

The Battle Within

"I carried stories in my body that my voice couldn't yet speak."

Sacred Texts & Wisdom

Christianity (Proverbs 31:26)

"She speaks with wisdom, and faithful instruction is on her tongue."

Taoism (Tao Te Ching, Verse 56)

"Those who know do not talk. Those who talk do not know."

Islam (Hadith of the Prophet Muhammad, peace be upon him)

"Whoever believes in God and the Last Day should speak a good word or remain silent."

Reflection Prompts

1. When did you first learn to silence yourself to stay safe?
 2. How has holding back your voice affected your sense of self and your relationships?
 3. Considering the sacred texts above, how do you perceive the balance between speaking and silence in your personal journey?
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Guided Practice: *Silent Reflection Exercise*

- Find a quiet, comfortable space.
 - Close your eyes and take several deep breaths, grounding yourself in the present moment.
 - Reflect on the areas in your life where your voice has been muted.
 - Visualize gently unlocking those spaces, allowing your authentic voice to emerge.
 - After 5–10 minutes of reflection, journal any insights or feelings that arose.
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My Breakthrough

(Use this space to write, draw, or reflect on what your soul revealed.)



Theme 2: The Fear of Being Seen

The Battle Within

"Visibility felt like danger. I learned to blend in—not because I wanted to, but because I didn't know what it meant to be safe and seen."

Sacred Texts & Wisdom

Christianity (Psalm 139:1–2)

"You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar."

Taoism (Tao Te Ching, Verse 33)

"He who knows others is wise; he who knows himself is enlightened."

Hinduism (Bhagavad Gita 6:5)

"Let a man lift himself by his own Self alone and let him not lower himself; for this Self alone is the friend of oneself."

Reflection Prompts

1. What fears come up when you imagine being fully seen for who you are?
 2. Who or what taught you to believe visibility equals danger?
 3. What would it look like to allow yourself to be seen *and* safe?
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Guided Practice: *Mirror Work*

- Stand in front of a mirror.
 - Look into your own eyes and say aloud:
 - "I am not invisible."
 - "It is safe for me to be seen."
 - "God sees me, and I am enough."
 - Write down how you felt before, during, and after this exercise.
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My Breakthrough

(Use this space to reflect on what came up for you as you honored your visibility.)



Theme 3: Shame & Self-Worth

The Battle Within

"I carried shame that wasn't mine. It took years to realize I was never the one who should have been embarrassed."

Sacred Texts & Wisdom

Christianity (Romans 8:1)

"There is therefore now no condemnation for those who are in Christ Jesus."

Buddhism (Dhammapada, Verse 160)

"One is one's own refuge. Who else could be the refuge?"

Islam (Qur'an 94:5-6)

"For indeed, with hardship [will be] ease. Indeed, with hardship [will be] ease."

Reflection Prompts

1. What moments from your past have made you feel "not enough" or unworthy?
 2. Who defined your worth before you had a chance to know yourself?
 3. How would you treat yourself if you truly believed you were worthy—right now, as you are?
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Guided Practice: *Releasing Shame Visualization*

- Close your eyes and picture the heavy cloak of shame you've been carrying.
 - In your mind's eye, gently remove that cloak and lay it down.
 - Imagine standing tall, free, and light.
 - As you breathe, say: "I am not what was done to me. I am worthy of love and joy."
 - Journal how this visualization felt and what emotions surfaced.
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My Breakthrough

(Use this space to release lingering shame and affirm your God-given worth.)

Theme 5: The Inner Child

The Battle Within

"There is a little girl inside me who just wanted to feel safe, seen, and loved. For a long time, I ignored her. Now, I sit with her."

Sacred Texts & Wisdom

Christianity (Matthew 18:3)

"Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven."

Judaism (Proverbs 22:6)

"Train up a child in the way he should go; even when he is old he will not depart from it."

African Proverb

"If the child is not embraced by the village, he will burn it down to feel its warmth."

Reflection Prompts

1. Who was the little girl you used to be? What did she need that she didn't receive?
 2. How do you still carry her wounds today—in your relationships, in your self-talk, in your fears?
 3. What does reparenting your inner child look like for you now?
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Guided Practice: *Inner Child Letter*

- Find a quiet space. Close your eyes and picture your younger self—at an age when you felt small, unheard, or unloved.
 - Gently speak to her in your mind or aloud:
 - "I see you."
 - "You are safe now."
 - "You are loved and you matter."
 - Open your journal and write a letter from your current self to your inner child.
 - Let the words flow without judgment.
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My Breakthrough

(Use this space to reflect on what your inner child revealed and how you can nurture her today.)



Theme 6: Reclaiming My Voice

The Battle Within

"For years, my silence was survival. But healing taught me that silence can also be surrendering power. Reclaiming my voice became an act of love—for myself."

Sacred Texts & Wisdom

Christianity (2 Timothy 1:7)

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

Taoism (Tao Te Ching, Verse 17)

"When the best leader's work is done, the people say, 'We did it ourselves.'"

Islam (Qur'an 41:33)

"Who is better in speech than one who calls to God, does righteous deeds, and says, 'Indeed, I am of the Muslims'?"

Reflection Prompts

1. What areas of your life still feel muted or silenced?
 2. When have you spoken up for yourself—and how did that feel?
 3. What is your voice longing to say today, without fear of judgment?
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Guided Practice: *Voice Activation Exercise*

- Find a private, safe space.
 - Read aloud an affirmation that feels powerful to you, such as:
 - "My voice is valuable."
 - "I deserve to be heard."
 - "Speaking my truth is an act of self-love."
 - Notice how your body feels as you hear your own words.
 - Journal any sensations, emotions, or resistance that arise.
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My Breakthrough

(Use this space to reflect on how you're reclaiming your voice and where you'll use it next.)



Theme 7: Receiving Love Without Defense

The Battle Within

"I knew how to give love. I knew how to fight for it. But receiving it without suspicion, without fear—that was a battle of its own."

Sacred Texts & Wisdom

Christianity (1 John 4:18)

"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."

Buddhism (Dhammapada, Verse 5)

"Hate is not conquered by hate: hate is conquered by love. This is a law eternal."

Islam (Qur'an 2:286)

"God does not burden a soul beyond that it can bear."

Reflection Prompts

1. How has your past shaped your ability to receive love openly?
 2. What defenses do you put up when love tries to reach you?
 3. What would it feel like to receive love fully—without needing to earn it or protect yourself from it?
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Guided Practice: *Love Without Armor Meditation*

- Sit comfortably, place your hand over your heart.
 - Close your eyes and breathe deeply.
 - Visualize a gentle light entering your heart space—not forcing its way in, but softly surrounding you.
 - Say aloud: "I am safe to receive love. I am worthy of love without defense."
 - Reflect and journal on any emotions, resistance, or ease you feel.
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My Breakthrough

(Use this space to write about moments when you allowed yourself to be loved—freely, fully, without armor.)



Theme 8: The Return to Wholeness

The Battle Within

"Wholeness was never about fixing what was broken. It was about gathering the lost parts of myself and loving them back into belonging."

Sacred Texts & Wisdom

Christianity (Colossians 2:10)

"And in Christ you have been brought to fullness. He is the head over every power and authority."

Taoism (Tao Te Ching, Verse 22)

"If you want to become whole, first let yourself be broken."

Hinduism (Bhagavad Gita 2:13)

"Just as the boyhood, youth and old age come to the embodied soul in this body, in the same manner, is the attaining of another body; the wise man is not deluded at that."

Reflection Prompts

1. What parts of yourself have you reclaimed through your healing journey?
 2. How do you define *wholeness*—not as perfection, but as peace?
 3. What practices help you return to yourself when life feels scattered?
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Guided Practice: *Wholeness Visualization*

- Close your eyes and imagine gathering all the pieces of yourself:
 - The hurt child
 - The strong survivor
 - The woman you're becoming
 - Picture them standing together, hand in hand, united—not perfect, but whole.
 - As you breathe, affirm: "I am already whole. Nothing is missing."
 - Journal how this visualization feels and what wholeness means to you in this season.
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My Breakthrough

(Use this space to reflect on your journey back to wholeness—and how you will honor it moving forward.)



Affirmations

Speak Life to Your Soul

- I am not what happened to me. I am who I choose to become.
 - I give myself permission to heal at my own pace.
 - My voice is valuable. My truth is sacred.
 - God is within me—I am never alone.
 - I release shame and receive compassion.
 - I trust the wisdom of my body and spirit.
 - I am worthy of love, rest, joy, and safety.
 - I no longer abandon myself to belong to others.
 - I honor the little girl I once was—and the woman I am becoming.
 - I am whole, even in the places that still hurt.
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Your Personal Affirmations

(Use this space to create your own affirmations. What truths does your soul need to hear today?)



Resources for the Journey Ahead

Support for Your Healing, Growth, and Wholeness

Books

- *The Body Keeps the Score* by Bessel van der Kolk
- *All About Love* by Bell Hooks
- *What Happened to You?* by Dr. Bruce Perry & Oprah Winfrey
- *The Gifts of Imperfection* by Brené Brown
- *Women Who Run With the Wolves* by Clarissa Pinkola Estés
- *The Tao Te Ching* by Lao Tzu (Stephen Mitchell translation)

Podcasts

- *The Trauma Overhaul* by Aaliyah Simon
- *Therapy for Black Girls*
- *Unlocking Us* by Brené Brown
- *On Being* with Krista Tippett
- *The Holy and the Broken* by Morgan Harper Nichols

Healing Tools & Practices

- Grounding exercises (deep breathing, nature walks, journaling)
- EMDR therapy or trauma-informed counseling
- Inner child work
- Mindful movement: yoga, dance, stretching
- Daily affirmation or prayer rituals
- Herbal teas, Epsom salt baths, calming music
- Community or support groups (in-person and online)

Your Personal Resource List

(Use this space to write down your favorite books, podcasts, practices, and supports that are helping you on your journey.)

