



Where it  
still hurts.

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# Where It Still Hurts

Where It Still Hurts

A Daily and Weekly Healing Journal for Processing What You're Still Carrying

This journal was created for the quiet pain no one sees. The grief that lingers. The sadness you can't explain. The parts of you that still feel too much, even when you're doing everything "right."

This is a soft space to land when you're tired of holding it all in. A place to release what you don't have the words for, reflect without judgment, and reconnect with the parts of you that need the most care.

You don't have to be healed to begin. You just have to be honest about where it still hurts.

# Voices of Strength Personal Healing Journal

A private space to reflect, release, and reclaim your power.

## Section 1: Daily Check-In

Date:

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Today I feel:

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Where do I feel it in my body:

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One thing I'm grateful for today:

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One thing I'm struggling with:

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What I need most today (emotionally, physically, spiritually):

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One small act of care I can offer myself today:

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## Section 2: Weekly Self-Reflection

This week, I noticed...

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- Emotions that came up:

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- Triggers I experienced:

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- What helped me feel grounded:

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- What I avoided or numbed:

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- A moment I'm proud of:

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One lesson I'm learning about myself:

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If my inner child could speak this week, they'd say:

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Something I want to carry into next week:

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## Section 3: Emotional Release Pages

Prompt options (choose one or free-write):

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- Right now, I feel

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- The part of me I've been avoiding is

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- I wish someone knew

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- I forgive myself for

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- If I could scream out one truth, it would be

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- What I needed back then was

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## Section 4: Triggers & Healing Map

Use this format for each entry:

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Trigger:

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Emotion:

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Story I Tell Myself:

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Truth Im Learning:

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New Response:

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## Section 5: Rewriting the Narrative

Old Belief: "Im not worthy unless Im perfect."

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New Truth: "I am enough, even in my mess."

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Write your own below:

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- Old Belief:

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- New Truth:

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## Section 6: Wins, Growth, and Gratitude

One thing I did this month that I'm proud of:

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A way I showed up for myself:

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Someone or something I'm grateful for:

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A fear I faced:

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A boundary I held:

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One thing I now believe about myself that I didnt before:

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## Section 7: Notes to Self

Examples to reflect on:

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- Even when I feel unworthy, I am still lovable.

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- Healing is not linear, and neither am I.

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- Im allowed to take up space.

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- I am not alone.

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Write your own affirmations or reminders below:

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