The truth you've been _____ avoiding

The Truth You've Been Avoiding

You can't heal what you keep pretending isn't hurting you.

The Truth You've Been Avoiding is a raw and honest workbook that helps you confront the reality of your toxic relationship patterns - even when part of you still wants to defend them.

This journal was created for the version of you that:

- Keeps making excuses for someone who keeps hurting you
- Feels emotionally stuck but can't explain why
- Is scared to let go of the fantasy
- Needs something real to help make it click

Each prompt is designed to break through your denial, validate your pain, and help you finally call it what it is - so you can reclaim your voice, your clarity, and your future.

Use this journal when you're tempted to go back... when you can't stop missing them... or when you know deep down:

This isn't love. This is survival.

Voices of Strength - The Truth You've Been Avoiding Workbook

www.findingeden.info

1. The Truth You've Been Avoiding: Toxic Relationship Realizations

Just because they never laid a hand on you doesn't mean it wasn't abuse. Emotional abuse is quieter, but just as damaging. It's the manipulation, the gaslighting, the silent treatment. It's the wa you constantly questioned your worth. Just because the bruises were invisible doesn't mean the pain wasn't real.

Reflection Questions:

- What emotions came up while reading this?

- How does this relate to your own experience?

- What truth do you need to accept or explore more deeply?

Notes / Journaling Space:

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"How Trauma Bonding Feels Like Love But Isn't"

The highs are high. The lows are soul-crushing. You confuse intensity with intimacy because chaos is all you've known. But love doesn't feel like withdrawal. Love doesn't leave you anxious, confused, and exhausted. That's not love - that's a trauma bond.

Reflection Questions:

- What emotions came up while reading this?
- How does this relate to your own experience?
- What truth do you need to accept or explore more deeply?

Notes / Journaling Space:

"Why You Keep Hoping They'll Change"

You're not naive. You're just loyal. You saw glimpses of who they could be, and you're holding on. But the version of them you're waiting for only exists in your hope - not in their actions. You don't need to be loyal to someone who's disloyal to your peace.

Reflection Questions:

- What emotions came up while reading this?
- How does this relate to your own experience?
- What truth do you need to accept or explore more deeply?

Notes / Journaling Space:

"What Healing Actually Feels Like After Leaving"

It's not instant relief. It's grief, confusion, loneliness, and doubt. But underneath all that - there's space. Space to breathe. Space to feel. Space to remember who you were before they made you forget. Healing isn't pretty, but it's yours now. And it's worth it.

Reflection Questions:

- What emotions came up while reading this?
- How does this relate to your own experience?
- What truth do you need to accept or explore more deeply?

Notes / Journaling Space:

2. Inner Child & Codependency Healing

"You Loved People Who Hurt You Because That Was Normal"

If love always came with fear, chaos, or silence growing up... of course that feels familiar now. You weren't broken for choosing them - you were repeating what your body called love. Now you get to unlearn it.

Reflection Questions:

- What emotions came up while reading this?
- How does this relate to your own experience?
- What truth do you need to accept or explore more deeply?

Notes / Journaling Space:

"You're Not Needy - You're Healing From Emotional Starvation"

You're not 'too much' for wanting reassurance. You're not weak for craving closeness. You're healing from years of being emotionally underfed. And asking for what you need isn't shameful - it's revolutionary.

Reflection Questions:

- What emotions came up while reading this?
- How does this relate to your own experience?
- What truth do you need to accept or explore more deeply?

Notes / Journaling Space:

3. Breakthrough Reflections for After They Leave

"Why It Hurts More Now Than When You Were With Them"

When you were with them, your focus was survival. Now you feel the grief you never had space to process. It's not because you made the wrong choice. It's because you finally feel safe enough to feel the pain.

Reflection Questions:

- What emotions came up while reading this?
- How does this relate to your own experience?
- What truth do you need to accept or explore more deeply?

Notes / Journaling Space:

"Missing Them Doesn't Mean You Made a Mistake"

You can miss someone and still know they weren't good for you. Missing them is part of the detox. Don't mistake nostalgia for a sign to go back. You left because your soul was starving.

Reflection Questions:

- What emotions came up while reading this?
- How does this relate to your own experience?
- What truth do you need to accept or explore more deeply?

Notes / Journaling Space:

"You Left Because of How You Were Treated, Not Because You Stopped Loving Them"

You still loved them - that's what made leaving so hard. But you realized love isn't enough when you're the only one fighting. You didn't leave because you stopped caring. You left because they kept showing you they didn't.

Reflection Questions:

- What emotions came up while reading this?
- How does this relate to your own experience?
- What truth do you need to accept or explore more deeply?

Notes / Journaling Space:

4. Alternative Actions for the Loneliness Spiral

"What to Do Instead of Texting Them"

- Write them a letter and don't send it.
- Go for a walk without your phone.
- Call someone safe and honest.
- Reread your journal entries from when you were hurting.
- Make a playlist that reminds you of your strength.

Reflection Questions:

- What emotions came up while reading this?
- How does this relate to your own experience?
- What truth do you need to accept or explore more deeply?

Notes / Journaling Space:

"Scripts to Say to Yourself When You Miss Them"

- 'Missing them is normal. Going back isn't the answer.'
- 'I can miss the fantasy without returning to the harm.'
- 'Loving someone doesn't mean I belong with them.'

Reflection Questions:

- What emotions came up while reading this?
- How does this relate to your own experience?
- What truth do you need to accept or explore more deeply?

Notes / Journaling Space:

"Practices to Ground Yourself Instead of Reaching Out"

- Take a cold shower or wash your face.
- Hold something heavy. Breathe deeply.
- Say out loud, 'I am safe now. I don't have to go back.'
- Move your body: dance, shake, cry - let it release.

Reflection Questions:

- What emotions came up while reading this?
- How does this relate to your own experience?
- What truth do you need to accept or explore more deeply?

Notes / Journaling Space: