You are allowed to want relief.

Oh, friend. If getting through today takes everything you have, even the first question in a workbook can feel like too much. This little resource asks nothing of you. You can read one sentence and put it down.

I remember what it was like to use everything I had just to keep my head above water. My feelings came so strongly that I was afraid to let myself feel them at all. I did not understand what was happening inside me, so I shut it down and kept going. I could not imagine life feeling any different. Through my healing with Christ, I have begun to discover that it can. I am still healing, and you are welcome beside me.

You are allowed to want things to feel different. Wanting care does not make you selfish or ungrateful. You do not have to feel hopeful before you receive kindness.

Jesus invites the weary to come to Him. You do not need a polished prayer or a plan. Matthew 11:28

A PRAYER YOU MAY BORROW

Jesus, I am tired, and I do not know where to begin. Please meet me here and help me receive the care I need. Amen.

You do not have to explain your feelings.

If emotions frighten you, you do not have to force yourself to explore them on this page. You do not owe anyone a painful memory or a story you are not ready to share.

Having a feeling does not make you bad. Not knowing its name does not mean you have failed. You can say, “I do not know.” You can pause, stop reading, or choose something ordinary to do instead.

John 11:35 tells us that Jesus wept. There is room for sorrow in a life of faith. You can love Him and still have a difficult day.

A sentence to keep: I can receive kindness while I am still learning to understand myself.

A PRAYER YOU MAY BORROW

Jesus, help me receive patience instead of adding shame to what already feels hard. Guide me toward trustworthy support. I do not want to pretend with You. Amen.

You are worth caring for today.

Other people's cruel words do not determine your worth. Genesis 1:27 tells us that people are made in God's image. You do not have to earn that dignity by being useful, cheerful, or easy to care for.

Prayer, therapy, recovery support, and trusted people can all have a place in your life. You are allowed to receive help. If you ever want words to borrow, these may be enough: "I am having a hard time. Could you listen for a few minutes?"

You choose how much to share. "I am not ready to talk about the details" is welcome, too. There is no deadline for finishing this resource and nothing to catch up on.

When you want more: The encouragement, Emotion Wheel, and workbook are at susanthrasher.com/resources. Every exercise is optional.

A PRAYER YOU MAY BORROW

Jesus, remind me that I matter even when I cannot feel it. Help me find people who meet me with care. Thank You that I do not have to carry everything alone. Amen.