

My Reflection Page

Module 15 · Pain, Grief and Capacity

Not a movement log this time, but a quiet page for what this work makes room for. Nothing here is required.

One loss I am grieving

One signal of mine I want to start trusting again

My honest capacity today

One thing I am choosing for myself

REMEMBER

Your body is trustworthy. Your read on it was never the problem.
You do not have to be finished to be well.