

The Woman After the Tunnel

Who are you now?

You left. Or you are leaving. Or you are somewhere in between. The situation may be over but the question has only just begun. This guide is not about what happened to you. It is about who you are becoming. Take your time with each question. There are no right answers. Only honest ones.

REFLECTION 1

Who were you before the tunnel began?

Not who others said you were. Not who you became in order to survive. The woman who existed before the story took over. What do you remember of her?

REFLECTION 2

What did you tell yourself to keep going?

The stories we use to survive are not lies. They were necessary. But some of them are still running in the background, shaping decisions you thought were free.

REFLECTION 3

What do you actually want?

Not what is safe. Not what is practical. Not what you are supposed to want. What does the woman on the other side of all of this actually want from her life?

REFLECTION 4

What are you still carrying that belongs to someone else?

Shame that was installed in you. Standards that were set for you. An identity built around managing someone else's needs. What can you set down?

REFLECTION 5

What would it mean to take up space?

To have opinions that do not shrink when challenged. To ask for what you need. To stop apologising for existing. What does that version of you look like?

The woman after the tunnel is not the woman who survived.
She is the woman who chose what came next.