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Speak Honest Journal Prompts

How can you practice pausing and observing your emotions in everyday situations, even when you're not feeling triggered?

What emotions do you find the hardest to name, and how can you recognize the difference between your emotions and your perceptions?

What patterns have you started noticing in your emotional responses, and how can you prepare to respond differently next time?

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Speak Honest Journal Prompts

Notes:

Stay Connected

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