

Practicing Honest Expression

Moves from naming the problem to actually practicing saying the true thing — including to yourself.

What this lesson covers

- Listening back to your own voice without cringing
- Transparency vs. hiding the dark side
- Wanting to be loved in the rough moments, not just at your best
- Tiny successes, logged daily, as proof you're moving
- Gratitude as a practice you can do even mid-storm

HOME EXERCISE *One thing I've been withholding, from someone or from myself:*

What I'm afraid would happen if I said it out loud:

Three tiny successes from this week, no matter how small:

BEFORE NEXT MODULE: Say the withheld thing to one person — or record yourself saying it, just for you.