



The Courage to be Seen - Reflection & Integration

When it comes to connection, it takes courage to share and allow others to see and hear your truth. Especially if they may not be in a place to really get what you're sharing. It's that willingness to connect anyways that takes real courage and makes real connection possible. ~Pamela French

What I noticed in my body

Areas that felt open:

Areas that felt tense or guarded:

What fear might be protecting

What did I notice about my protective patterns or self-talk?

What might fear need from me to feel safe enough to soften?



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The truth that wants to be spoken

If I could say one honest thing (to myself or another), it would be:

My Commitment

One way (no matter how small or big) that I will practice courage in connection this week:

I will share this with someone to hold me accountable - and that person is:

Optional Integration

Share about your reflections with a trusted friend or partner. Practice saying a single authentic truth out loud - slowly, with breath, and without rushing to fix or explain it.