

A Spiritual Paradigm ~ Journal Prompts

This is an extended suggestion for your journal prompts. Again, there are no hard and fast rules to use, keep them as is, allow them to inspire you, reword them as you need.

This only works for you if you are the authority for your path.

Phase 1: Recognizing the Pattern (Mind & Awareness)

1. Identify the "Hero" Narrative

- **The Concept:** Recognize when a leader, system, or partner is using the classic marketing setup: inflating a pain point and positioning themselves as the sole savior.
- **Practice:** When you feel an intense emotional pull toward a political figure or partner, ask yourself: *Are they actually offering a real solution, or are they simply acknowledging my pain so I will trust them?*

2. Separate Comfort from Capability

- **The Concept:** Acknowledge that feeling understood is not the same as being safe or valued.
- **Practice:** Remind yourself of the reality: *A person or system that is not self-aware or capable of genuine healing cannot offer true care or stability.*

Phase 2: Interrupting the Cycle (Somatic & Emotional Regulation)

3. Pause During the "Reconciliation" Phase

- **The Concept:** The cycle relies on small offerings, promises, or apologies to renew the feeling of "romance" and reset your boundaries.
- **Practice:** When presented with a gesture or promise after harm or disappointment, delay your response. Notice if you are accepting a breadcrumb just to relieve the anxiety of conflict.

4. Track the Somatic "Rush"

- **The Concept:** The high of "they get me" often mirrors a physiological stress-and-relief cycle rather than true peace.
- **Practice:** Check in with your body. True safety feels calm and grounded; trauma-bonded connection often feels like frantic relief, excitement, or high intensity.

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Phase 3: Returning to the Self (Integration & Choice)

5. Meet the Self First

- **The Concept:** The urge to look outward for a "hero" stems from unmet needs that haven't been met internally.
- **Practice:** Name the underlying need driving your choice (e.g., safety, belonging, validation). Ask: *How can I begin meeting this need for myself rather than outsourcing it?*

6. Audit Your Belief Sources

- **The Concept:** Reclaiming your narrative requires examining where your foundational beliefs originate.
- **Practice:** Journal on the core question: *From what source did I derive this truth—and is it serving my growth or keeping me dependent?*

Your Notes: