



Life on Mute

***I showed up. I smiled. I said what I should. And I felt...
nothing. Let's crack open the silence underneath.***

Date: _____ Weather: _____ Attitude: A.M. _____ P.M. _____

1. What was I doing today, even though I felt emotionally flat? _____

2. Was there a moment I noticed I was checked out? _____

3. Did I want to feel something, but couldn't? _____

4. What might I be avoiding by staying numb? _____

5. Did my body give me any clues (tight chest, fatigue, blank stare)? _____

6. Was I waiting for someone or something to jolt me awake? _____

7. Is this a familiar feeling—or something new? _____

8. If the numbness could talk, what would it say it's protecting me from? _____

9. What would it look like to invite in even a little emotion safely? _____

10. What's one gentle way I can reconnect to myself tomorrow? _____
