

APRIL

TRUST

THE FLOWERGAMES



The Flowergames

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Modified
AI generated
prompts to make
writing fun

Writing dates



Disclaimer:

The Flowergames is designed to be a tool for creative self-expression and exploration. It is not intended to be a substitute for professional mental health or therapeutic advice. If you are struggling with significant emotional or psychological difficulties, please seek guidance from a qualified professional. While the journal prompts and exercises are designed to inspire and encourage creativity, they may not be suitable for everyone. Use your own discretion and adjust the activities as needed to fit your individual needs and comfort level.

The author and publisher of this workbook are not responsible for any outcomes or experiences that may arise from using this journal.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

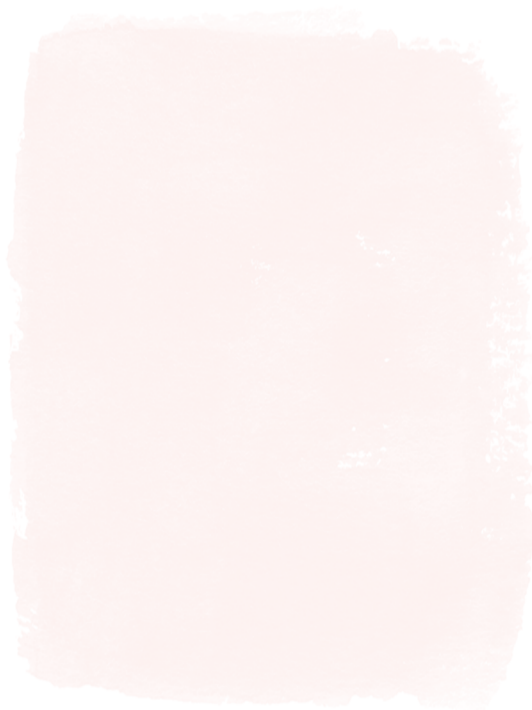
A woman wakes up to find someone has rewritten entries in her journal—but the handwriting is her own.

**How do you distinguish between intuition and fear
when deciding what to trust?**

S e l f - c a r e



I d e a



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

A close friend shares a terrible secret and swears
you to silence. Then, you begin to notice small
inconsistencies in their story.

What does betrayal feel like when it's slow and quiet rather than loud and sudden?

S e l f - c a r e



I d e a



A woman rediscovers two letters she wrote to
herself years ago—one that holds a truth and one
that is a lie

Notes