

Speak Honest Journal Prompts

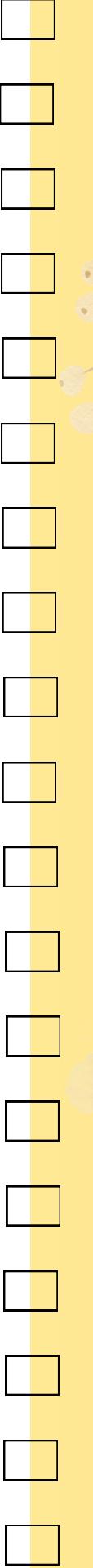


How did your childhood shape the way you seek love or connection?

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What is one thing you needed to hear as a child that you can start telling yourself now?

Anxious Attachment 101: Understanding the Salsa of Uncertainty



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Notes:

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