



Write It & Heal It

Let the Writing Become Your Exhale

This space is here to carry what your heart has been holding. Let these prompts help you release, soften, and breathe again.

Th3NakedTruths

Release Prompts

- What is weighing on me that I've been pretending doesn't hurt?
- If I could say the truth without fear, what would spill out of me?
- What emotion have I been avoiding because I'm afraid of what will happen if I feel it?
- Who or what do I need to release so I can breathe again?
- What apology do I need — from myself or someone else — to move forward?
- What thought keeps looping in my mind... and what would it feel like to finally let it go?
- What part of my heart feels tired, and why?
- What do I need to forgive myself for so my soul can rest?
- What has overstayed its welcome in my spirit?
- What would healing look like for me in this season... softly, gently, honestly?

A Little Space to Let Go

Write freely. No structure. No rules. Let your truth flow.

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Bonus Prompts

- If I could lay this burden down for good, what would change?
- My heart is asking me to rest in this way...
- A truth I'm finally ready to face is...
- To heal, I need to stop...
- To heal, I need to start...
- What promise do I need to make to myself today?
- What version of me is ready to be released with grace?
- If I wrote a letter of release, who or what would it be addressed to?
- How does my body feel when I imagine healing fully?
- Where do I feel God inviting me to surrender?

Let this space hold whatever you need it to. Return anytime your heart feels heavy.