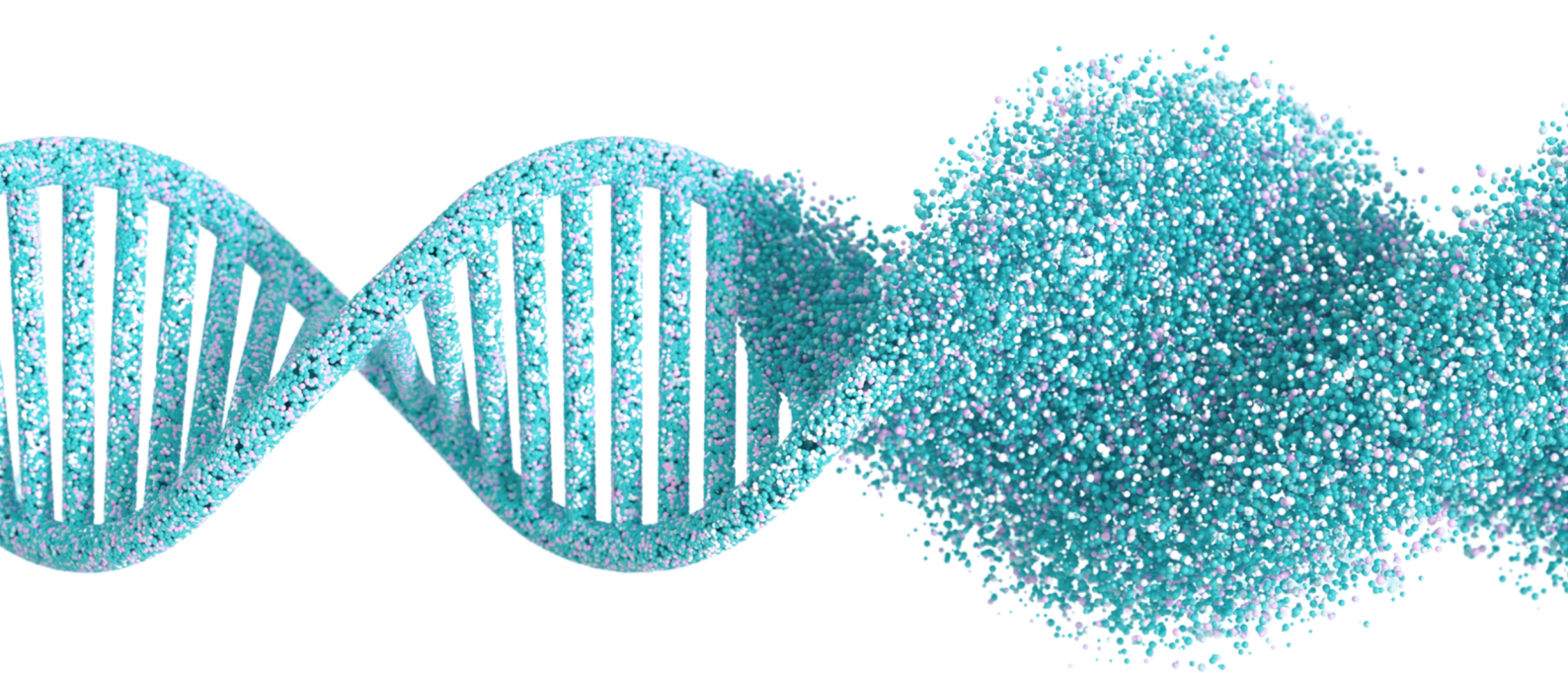
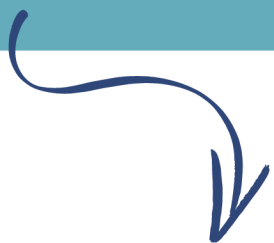




JUST FOUND OUT YOUR DAD'S NOT YOUR DAD?

This guide is here to help



Inside, you'll find practical steps to manage the shock, stay grounded, and avoid rushing into decisions you might later regret.

No pressure, no fluff – just clear advice for the first days and weeks after a DNA surprise.



TABLE OF CONTENTS

A NOTE FROM ME	2
HOW TO USE THIS GUIDE	3
GETTING STARTED	
Practical Tools For The First 30 days	4
INTRODUCTION	
A Discovery That Changes Everything	7
Understanding What's Happening in Your Brain	9
What To Expect Emotionally	11
DO'S ... AND DON'T DO'S!	
What To Do (And Not To Do) In The First Days	13
THE NOT KNOWING	
For Those Who Can't Get Answers	22
KEEP GOING	
Small Steps, Steady Progress	24
FINAL THOUGHTS	26
QUOTE	27
DAILY REFLECTION SHEET	28



A NOTE FROM ME

Before you begin ...

If you've just found out your dad's not your dad – whether through a DNA test, a family comment, or something you've pieced together yourself – you probably feel like your whole world has been turned upside down.

You may not know what to think, what to feel, or what to do next. And that's okay.

This guide won't give you all the answers. But it will help you avoid making decisions you might regret later on, and give you some clear pointers on what matters right now (and what can wait!).

It's clear, practical, and designed to support you in the early days after an NPE discovery – without overwhelm, pressure, or fluff.

So if you're ready, let's begin.

Marcelle x



I'm a clinical psychotherapist, high performance coach, and an NPE myself.

I created UnexpectedDNA because I know how shocking this discovery can be – and how hard it is to find clear, practical support when you need it most.

That's what this guide is for.

Dr. Marcelle Crinean, PhD



HOW TO USE THIS GUIDE

This guide is designed to be practical, supportive, and easy to follow – even when your brain's in a fog.

You'll see a few recurring symbols throughout. These aren't just for decoration – they're here to help you quickly spot what kind of support you're looking at, whether you want to reflect, take action, or avoid common mistakes.

Here's what they mean:



What You Need to Know:

This symbol highlights something useful to keep in mind – a key point, insight, or reminder that might help make more sense of things.



What to Do Instead:

This symbol marks a practical suggestion – a small, doable action you can take, or a better option than reacting in the moment.



Journal Prompt:

These are optional, open-ended questions to help you process what you're thinking or feeling. No pressure to write an essay – just respond in whatever way feels right for you.



GETTING STARTED

Practical Tools For The First 30 Days

This section offers a few simple, practical actions you can take in the first few days and weeks after a DNA discovery. You won't find big emotional tasks here – just clear tools to help you get through the early fog without adding more pressure.

Take what's useful. Leave the rest for later.

✓ Create a Safe Space for Processing

- Set boundaries with people who might pressure you to talk or “move on” too soon.
- If you need to, take a break from social media to avoid unexpected family updates.
- Talk to people you trust – not just anyone who asks.

✓ Keep a Simple Log

Writing things down can help slow your thoughts and track patterns over time.

Each day, jot down:

- ✦ A word that describes how you feel today.
- ✦ One thing that helped you feel even slightly better.
- ✦ A reminder that how you're feeling right now is temporary.





✓ Simple Grounding Exercises

When emotions feel overwhelming and thoughts start to spiral, try one of these grounding techniques:

- **The 5-4-3-2-1 Grounding Technique**

Simply name:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This brings you back to the present moment. Once you've done this, gently shift your focus and your thoughts to something else – or do something enjoyable that occupies your mind.

- **The “Now and Next” Grounding Exercise**

- **Pause.** Gently place your hand on your chest or stomach – wherever feels calming.

- **Ask Yourself:**

- What am I feeling right now? (Anger? Confusion? Sadness? Relief?)
- What do I need right now? (A drink? A walk? A deep breath?)
- What's one small action I can take that will either make me feel a bit better – or at least won't make things worse?!



✓ Journalling or Not

Writing things down can be incredibly helpful but it's not for everyone. If journalling feels too overwhelming or frustrating right now, try one of these:

- **Voice Notes:** Speaking your thoughts aloud – even just into your phone – can help you process what's going on.
- **Doodle or Sketch:** Drawing your emotions, family connections, or even random thoughts can help untangle what's in your head.
- **Talk It Out:** Sometimes, simply talking to yourself in a private space can help clear your mind – no pressure, no audience, just your thoughts released.

The key isn't how you process – it's that you give your thoughts and emotions somewhere to go.

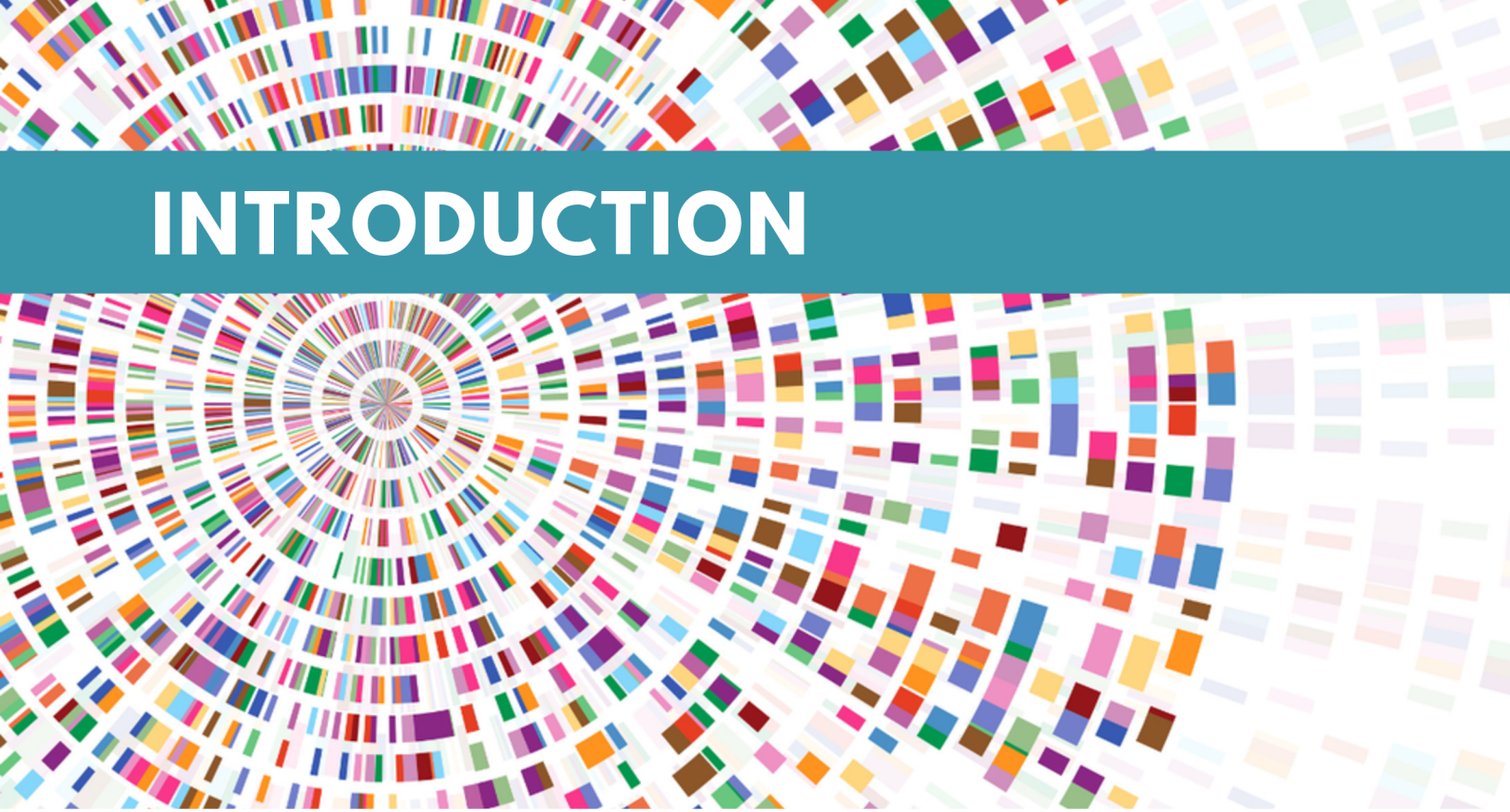




✓ **Daily Reflection Sheet**

You can also use our Daily Reflection Sheet to keep track of how you're doing each day. It's a printable one-page check-in – you can find it at the end of this guide – no pressure, no fluff, just space to notice what's going on.





INTRODUCTION

A Discovery That Changes Everything

You took a DNA test – or maybe someone else did – and suddenly, your entire identity feels like it's been rewritten.

Finding out your biological father isn't who you thought he was, is a shock like no other. Your emotions are almost certainly all over the place, and your brain is racing to catch up.

You probably feel overwhelmed, shocked, confused, numb, upset, or like you can't stop thinking about it (or all of the above at any given moment in time!) – and most people are completely unsure of what to do next.

Even if you made this discovery weeks, months, or even years ago, the emotional impact can still feel overwhelming – and that's completely normal.

Whether this revelation came through a DNA test, a family confession, or something else entirely, this is huge. The shock is real. And I want to reiterate – it's normal to feel like your whole world has just been turned upside down. Some people describe it as feeling like a bomb's gone off in their life – leaving everything they thought they knew scattered in pieces.

But here's the truth: You don't have to (and can't!) figure everything out today.



This guide will help you make sense of what's happened, avoid mistakes, and take the time you need before making any big decisions.

What You'll Find in This Guide:

- Why your brain is reacting in the way it is
- What emotions to expect – and how to manage them when they feel overwhelming
- Advice on what to do (and not to do!) to avoid regrets later
- What to do if you can't get answers
- Easy self-care tools and journalling exercises
- A reminder that you are not alone
- Pointers to additional resources

Whether you're one day in, one week in, or even months into your discovery, this guide will help you focus on what's most important right now (and what can wait!).



Understanding What's Happening In Your Brain

When faced with an unexpected shock, your brain switches to survival mode.

This means that the logical, rational part of your brain takes a backseat, while the primitive, emotional part (the part that's essentially geared for survival) runs the show – driving feelings like panic, anger, or confusion.

The amygdala is the part of your brain responsible for detecting threats, and when it senses danger (whether physical or emotional), it reacts instantly. This is what triggers your fight, flight, or freeze response.

Even though a DNA discovery isn't a physical threat, your brain processes it as one because it feels like your world has been turned upside down.

This means:

- You may feel an intense fight-or-flight response and like you're stuck on a rollercoaster of emotions. One minute, you're numb; the next, you're furious or heartbroken.
- You might become hyper-focused on "fixing" things or gathering information. Your brain is trying to make sense of things, but without the logical rational part of your brain to help out, it's not thinking clearly. You may struggle to focus, make decisions, or remember things.
- You're likely jumping to worst-case scenarios. Your brain is trying to make sense of things, but it's not thinking clearly.
- You may feel an urgent need to act NOW – to call someone, send a message, or demand answers. But this is exactly when you shouldn't. Big decisions made in a state of shock are rarely the right ones.

Here's the key: Your brain will calm down with time.



What You Need to Know:

Right now, **you don't have to do anything.** In fact, you shouldn't do anything! You need to allow your emotions to settle before taking any major steps.





What to do instead:

When you feel an urgent need to act, try this instead:

- **Pause.** Remind yourself that you don't need to make any major decisions today.
- **Breathe.** Try this simple breathing exercise:
 - Breathe in for 5 seconds (don't breathe in fully, just to approx. 70% capacity).
 - Hold for 2 seconds.
 - Breathe out through your mouth for 7 seconds.
 - Repeat 3 or 4 times, until your body feels calmer.



Journal Prompt: Ask yourself the following questions -

- *What's one thing I'm feeling an urgent need to do right now? Is this the right time to do it?*
- *If I still feel this way in 24 hours, what's one action I can take that I won't regret later?*



What To Expect Emotionally

Over the next few days and weeks, you'll likely experience a range of emotions – some you might expect, others you won't.

These are just a few of the **common reactions** NPEs have reported feeling:

- **Shock & Numbness** - Feeling disconnected from your emotions, like you're watching your life from the outside.
- **Anger** - Directed at your parents, family, or even yourself.
- **Grief** - Not just for the relationship you thought you had, but for the life and identity you believed was yours.
- **Confusion** - Questioning who you are, where you fit, or whether your memories are even 'real.' Often NPEs say they feel like their whole life up to this point has been a lie.
- **Sleep disturbances** - Either sleeping too much or not at all.
- **Emotional whiplash** - Moments where you feel calm or even okay, only to suddenly find yourself overwhelmed again. This back-and-forth is common and can leave you feeling exhausted and confused.



What You Need to Know:

Whatever you're feeling, it's normal. There's no "right" way to respond to a DNA surprise; we all process it differently. Be patient with yourself - your brain is simply trying to process a massive shift in identity and reality.



What to Do Instead: Make Space for Your Emotions

Your emotions will come and go in waves. Instead of fighting them, try this:

- Acknowledge what you're feeling. Label it: "I'm feeling overwhelmed" or "I'm feeling furious."
- Remind yourself that emotions pass. You won't feel like this forever – honest!
- Calm yourself in the moment. Ask yourself, "What's one small thing I can do to calm myself right now?" (e.g., deep breathing, splashing cold water on your face, or stepping outside for air). **And then do it!**
- Create a 'Worry Window.' Give yourself 15 minutes each day to think, worry, or panic - then stop. Outside of that time, remind yourself to focus on something else.





Journal Prompt: Ask yourself the following questions -

- *What emotions have shown up most often today – and how are they affecting me?*
- *What's one thing I can do today (or plan) that will help me feel even a little bit more grounded right now?*
- *What can I build into my day that promotes stability, comfort, or calm. (e.g., a walk in nature, calling a friend, or cooking a comforting meal).*



DO'S ... AND DON'T DO'S!



What To Do (And Not To Do!) In The First Days After A DNA Discovery

✅ DO: Give Yourself Time

When your world feels like it's been turned upside down, the pressure to "figure it all out" can feel overwhelming. But processing something as life-changing as a DNA discovery takes time, and that's okay. Remember – you don't need to figure everything out today.

Why Time Helps:

- Your emotions are still settling. Acting impulsively when you're overwhelmed can lead to regret.
- Clarity comes gradually. Big decisions like reaching out to family or confronting loved ones are best made when you're calmer.
- Others may push you to "move on" before you're ready. That's their discomfort, not your responsibility.

What to Do Instead:

If family members or friends push you to talk about it, try saying, "I'm still processing everything. I'll talk about it when I'm ready."





✓ DO: Find The Right Support

Feeling isolated is common after a DNA surprise. Friends and family may mean well, but unless they're NPEs themselves, they're unlikely to understand what you're going through. Connecting with people who understand can make all the difference.

Why Support Helps:

- It validates your experience. Talking to others who've been through this can help to reassure you that your feelings are normal.
- It offers practical insights. People further along in their NPE journey can share what helped them – and what didn't.
- It provides emotional relief. Simply hearing "I've been there too" can help you to feel less alone.



What to Do Instead:

- **Consider joining a Facebook group for NPEs.** Groups can be a safe, supportive space filled with people who truly understand what you're going through
- **Be selective about whose advice you follow.** Some people may encourage you to rush into contacting relatives or confronting family members. Take your time – you're allowed to decide what's right for you.
- **Support groups** can be helpful, but they can also feel overwhelming at times. It's okay to step back if you need to take a break.
- **Consider professional support** if you're really struggling. However, most therapists aren't trained in NPE-specific issues. Make sure you ask: "Have you worked with clients navigating a DNA discovery before?" or "Are you familiar with NPE-related grief and identity shifts?"
- Need more than just a place to talk? Our **self-paced online program** (coming soon) offers structured guidance and practical tools to help you process your discovery, manage emotions, and make confident decisions about what comes next.

Journal Prompt: Ask yourself the following question -

- *What kind of support feels most helpful for me right now – connection, practical advice, professional help, or simply knowing I'm not alone – and how might I take a small step towards it?"*





✗ DON'T: Rush To Contact Your Biological Family

Finding out your biological father isn't who you thought can create an overwhelming urge to do something. Reaching out immediately – especially while emotions are raw – may seem like the best way to get answers. But acting too quickly can backfire.

Why Rushing Can Be Risky:

- Emotions are high. When you're in a state of shock, it's hard to think clearly. Conversations held in this state often don't go well.
- Once it's said, it's said. Whether it's an emotional message, a Facebook comment, or a phone call – you can't take it back.
- You might not know what you really want. Are you seeking answers, connection, or closure? Clarity will come with time.



What to Do Instead:

- **Pause before you act.** Give yourself time to sit with your feelings and consider what you really want from this relationship.
- **Remember this is a first contact** - a 'first step' if you will, not a full conversation. You don't have to explain everything at once or get it 'perfect.' Focus on opening the door, not walking through it all at once.
- **Write the message - but don't send it.** Putting your thoughts into words can feel productive without forcing you into immediate action.
- **Talk it through with someone you trust.** A friend, fellow NPE, or therapist can help you process your emotions and plan your next steps.

Journal Prompt: Ask yourself the following questions -

- *Am I acting from a place of panic, or from a place of calm?*
- *If I send this message now, how will I feel about it in a week or a month?*
- *If I were on the receiving end of this message, how might it make me feel? Would I feel overwhelmed, confused, or pressured? What could I say that feels calm, clear, and considerate – so the door stays open for future conversations?*
- *What would I want to say if I knew they wouldn't respond right away? How would I want to express myself calmly and clearly?*





DON'T: Make Major Life Decisions

When your world feels like it's been turned upside down, the urge to regain control can be overwhelming.

You might feel tempted to cut family ties, change your name, delete social media, or make legal or financial decisions just to feel like you're doing something. But these choices are, more often than not, driven by shock and not clarity.



What to Do Instead:

- **Pause before acting.** Remind yourself that major decisions don't need to be made today, this week, or even this month. Wait until the rational, logical part of your brain is back in control.
- **If someone pressures you** to act quickly, try saying: *"I'm still processing everything right now. I'll make decisions when I'm feeling clearer."*
- **If you feel an overwhelming urge** to 'do something,' write down your thoughts first. Journalling can give you an outlet without forcing you to act impulsively.



Journal Prompt: Ask yourself the following questions -

- *What decisions feel big or urgent to me right now – and what's making them feel so pressing?*
- *Honestly, what would change if I waited a month before acting on them?*
- *If I gave myself a full month before deciding, what might shift in how I feel or what I choose?*





✗ **DON'T: Pressure Your Mother (or Anyone Else) For Immediate Answers**

When your world has been turned upside down, it's natural to want answers immediately. But pushing for explanations too soon can backfire. Your emotions are raw, and your questions may come across as accusatory – even if that's not your intention.

Your mother is also likely to be feeling shocked, defensive, or overwhelmed. Rushing the conversation can make things worse, and close doors rather than open them.



What to Do Instead:

- **Resist the urge** to demand answers right away. Instead, give yourself time to reflect on what you really want to know.
- **Write down your questions.** This helps you organise your thoughts and avoid blurting things out in frustration.
- **If you feel pressure** to ask immediately, try saying: *"I need some time to process everything before we talk. Can we have this conversation when I'm feeling calmer?"*
- **Create space for calm dialogue.** When you do speak, make sure you listen as well as ask questions
- Remember that some parents may never give clear answers - whether because they genuinely don't know, feel ashamed, or are too overwhelmed to talk about it. **Managing your expectations can help reduce frustration.** Focus on what's within your control: ask questions thoughtfully, give them time, and accept that some answers may never come.

Journal Prompt: Ask yourself the following questions -

- *What questions feel most important to ask – and why?*
- *What do I most wish I could ask – and what's at the heart of those questions?*
- *How might I ask those questions in a calm and thoughtful way, rather than from a place of urgency or frustration?*
- *If I never get the answers I'm hoping for, what can I do to find peace with what I **do** know? What might 'making peace' look or feel like?*





✗ **DON'T: Overshare On Social Media**

In the heat of the moment, it's tempting to vent your emotions online - especially when you're feeling hurt, confused, or betrayed. But sharing too much, too soon can have lasting consequences.

Why It's Best to Wait:

- Once it's out there, it's out there. Even private posts are never truly private - screenshots and reactions can spread quickly (even if your original post is deleted).
- Emotions are high right now. What feels urgent in the moment might not reflect how you'll feel in a few days or weeks.
- You can't control other people's reactions. Family members, friends, or even distant relatives may respond in ways that add to your stress.



What to Do Instead:

- If you feel the urge to post, try writing your feelings down privately first. A journal, a notes app, or even an unsent email can give you the same sense of release without the risk of regret.



Journal Prompt: Ask yourself the following questions -

- *What am I hoping to achieve by sharing this publicly?*
- *What do I most need right now – to be seen, to feel heard, to find relief, or ...?*
- *Would I feel better if I spoke to a trusted friend instead? Is there a safer or more supportive place where I can share this?*





✗ DON'T: Feel Like You Have to Tell Everyone (or Anyone!) Straight Away

After a DNA discovery, it's completely natural to want support – but knowing who to tell (and how to explain it) can feel daunting. It's normal to wonder who to tell, how to explain it, and whether people will even understand.

By the way, there's no right or wrong here – just what feels safe and supportive for you.

Some people want to talk straight away. Others need time. Some feel a sense of relief after telling a close friend. Others regret it, especially if the response is clumsy or invalidating. Either way, this is your story and you get to choose how it's told.



What to Do Instead:

Start by asking yourself:

- Who do I want to share this news with?
- Do I feel emotionally safe with this person?
- Have they supported me well in the past?
- How do I best want them to support me - am I looking for advice, understanding, or just someone to listen? How do I ensure I ask for this?

If you do decide to talk to someone close, keep it simple to start with. Here are a few suggestions of how to open the conversation:

- *"Something big came up in my family, and I'm still trying to process it. Can I share a bit with you?"*
- *"I found out recently that the man I thought was my biological dad isn't. I'm still figuring it out, but I wanted you to know."*
- *"This is hard to explain, and I'm not ready for advice – but I'd really appreciate someone just listening right now."*

continued over →



And if you're not ready to talk, that's completely okay too. You can set gentle boundaries by saying something along the lines of:

- *"I'm going through something personal – I'm not ready to talk about it yet, but I appreciate you asking."*
- *"I'll share more when I feel ready. Right now, I'm still working through it privately."*

Talking can be helpful but only if it feels safe and supportive. The goal isn't to share everything. It's to protect your emotional energy & give yourself choice.



What You Need to Know:

Telling someone can be a relief, but only if they're able to receive it well. Choose people who feel safe, not just available.



Journal Prompt: Ask yourself the following questions -

- *Who feels safe and supportive in my life right now – and why?*
- *If I decide to share this part of my story, what would I want that person to know about how I'm feeling, and what/how much do I want to share with them?*
- *What do I most need in return if I choose to share – empathy, space, understanding, reassurance, ...?*
- *Is there someone I've wanted to talk to but haven't yet – what's stopped me? What would help me feel more ready or supported in that conversation?*



Optional Grounding Exercise:

Fold a piece of paper in half.

- On one side, write: "People I feel safe opening up to – and why."
- On the other, write: "People I might talk to later – but not yet."
- You might even add a third section later: "People I've decided not to share this with – and that's okay."

There's no pressure to act on this list. It's just a space to map things out. You can revisit it, change it, or ignore it completely.





✓ DO: Prioritise Self-Care

Right now, your mind is working overtime, and your body is feeling the strain too. Prioritising self-care doesn't mean pretending everything's fine – it means giving yourself space to pause, reset, and regroup.

- Stick to simple routines. Small routines create stability when life feels chaotic.
- Do something that feels comforting. Whether it's wrapping yourself in a warm blanket, taking a walk, or watching a familiar TV show – comfort matters.
- Limit alcohol or substances. It's tempting to numb the feelings, but this often makes emotions harder to manage later.
- If anxiety, stress, or sleep issues persist, consider seeking professional support. This could mean speaking to your GP, finding a therapist who understands complex grief, or exploring techniques to help calm your nervous system.

Prioritising your mental and physical wellbeing is just as important as finding answers right now.



Journal Prompt: Ask yourself the following question -

- *What's one small thing I can do for myself today – even if it's small or just for 5 minutes?*





THE NOT KNOWING

For Those Who Can't Get Answers

Discovering you're an NPE can leave you with questions that might never be answered – especially if your biological parents have passed away, aren't willing to talk, or aren't being truthful.

This was the situation I found myself in when I discovered I was an NPE (my mother, biological father and 'dad' had all passed away) ... and it sucks. Not knowing is one of the hardest things to sit with. Your brain naturally fixates on the gaps in your story – the unanswered questions, the things you'll never know.

But while you can't fill in every blank, you can find ways to move forward.



What to Do Instead:

- Acknowledge the grief of 'not knowing.' You don't have to do anything with it right now – just recognise that it's real and valid. Grief for what you'll never know is just as legitimate as grief for what you've lost. Over time, the unanswered questions will no longer define your life.

continued over →





What to Do Instead:

- Shift your focus to what you DO know. Our brains naturally focus on everything we don't know and everything that's changed. Instead, try asking yourself: *"What parts of my life remain true, even with this discovery?"*, and *"What parts of my identity feel solid - even if my biology doesn't match the story I once believed?"*. This can anchor you in the present when your mind is spiralling with 'what ifs.'
- Write a letter to your biological parent (even if they'll never read it). Putting your thoughts on paper can help you process the feelings, questions, or anger you're holding onto. Some NPEs have found this to be a powerful way to release emotions they've been carrying for years.
- For many NPEs, closure in the traditional sense – getting answers, understanding the truth, or finding peace through a conversation – may never happen. In this case, you may want to create your own sense of closure; rituals like planting a tree, lighting a candle, or visiting a meaningful place can provide a way to acknowledge your loss – even if no one else is involved.
- Allow space for mixed emotions. Grief, frustration, curiosity, sadness – they may all co-exist. Rather than fighting to 'resolve' those feelings, it may help to simply notice and accept them when they show up.
- Remember, 'closure' doesn't always mean having all the answers – sometimes it's about finding peace with what you do know and making room for what remains uncertain.



Journal Prompt: Ask yourself the following questions -

- *What questions am I still holding on to or feel unresolved for me right now?*
- *Are there any questions that feel 'unfinished' but aren't urgent to answer right now?*
- *What would 'peace of mind' look like for me if I never get the answers I'm seeking?*



KEEP GOING



Small Steps, Steady Progress.

Your first days as an NPE will be intense but they don't have to define your whole journey or your future.

- ✓ You are not alone. There's a community of people who understand.
- ✓ You don't have to figure it all out today. The answers will come with time.
- ✓ Your story is still yours to tell ... at your own pace, in your own way.
- ✓ If you're still feeling stuck, you're not doing it 'wrong' – remember, healing isn't linear and it doesn't have a deadline.



✓ **Don't Forget To Embrace The Small Wins**

When everything feels overwhelming, even the simplest of tasks can feel impossible. On difficult days, small actions – like getting out of bed, cooking a meal, or replying to a message – are victories.

What You Need to Know:

Progress doesn't always feel big or noticeable, but each small step you take is a sign that you're moving forward. Celebrate those moments – they matter.





Journal Prompt: Ask yourself the following questions -

- *What's one small 'win' I achieved today, even if it felt insignificant at the time?*
- *What's one small thing I did today that helped me cope, even just a little?*

✓ **Looking for something simple to ground you each day?**

Our Daily Reflection Sheet is designed to help you track small wins, name your feelings, and stay steady. You can find it at the end of this guide.



✓ **More tools and resources are on the way** – designed to support you wherever you are in your journey. Keep an eye on our website. And follow us on instagram [@unexpected_dna](https://www.instagram.com/unexpected_dna) to be the first to know when they land.



✓ **Want more support?** Consider our online program **“Navigating a DNA Surprise: A Self-Paced Programme”** - *coming soon*. It's designed especially for NPEs who want to learn how to manage the immediate overwhelm, navigate the emotional fallout, build emotional stability and develop a sense of control and ownership over their future.



FINAL THOUGHTS

Congratulations!

Getting through the early days of a DNA discovery is no small thing.

If you've made it to the end of this guide – even if you've skipped around or only taken in what you needed – you've already done something that matters.

You've given yourself space to pause, reflect, and begun to make sense of something that turned your world upside down. That's a solid place to start.

There's no timeline. No right way to feel. And no pressure to have it all figured out. But having a few practical tools, some honest language for what you're going through, and a bit of structure? That can make all the difference.

Keep this guide nearby for when you need it – especially on the days when everything feels too much. And remember: You don't need to have all the answers right now – but you do get to choose what comes next.

Marcelle x





***You are not what
happened to you.
You are what you
choose to become.***

CARL JUNG





DAILY REFLECTION SHEET

Journal Prompts

Date: _____

Today I'm feeling:

One helpful thing I did today:

One thing that helped me feel even a bit better:

A reminder I needed today:

What I need most tomorrow is:

YOU ARE NOT WHAT HAPPENED TO YOU. YOU ARE WHAT YOU CHOOSE TO BECOME.

