



SPEAKING YOUR *Truth* — & — RECLAIMING YOUR *Voice*

A JOURNEY BACK TO YOU



SEE

Gain clarity
and awareness



HEAR

Listen deeply
to your truth



HEAL

Release, restore
and reclaim

JOURNAL



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YOUR STORY.
YOUR VOICE.
YOUR POWER.



Speaking Your Truth & Reclaiming Your Voice

How To Use This Journal

- This journal is a space to slow down and listen inward.
- It is about noticing yourself.
- Slowing down enough to hear what is already happening inside you.
- There are no right or wrong answers here — only honest ones.
- Take your time with each section.
- There is nothing to complete or perfect.
- Pause when something resonates.
- Write what is true in the moment, not what sounds good.
- Some pages may feel easy.
- Some answers will come quickly.
- Some may feel uncomfortable.
- All are part of the process.
- Let yourself be where you are.

HOW TO ENGAGE WITH THE PROMPTS

Each section will guide you through reflection and awareness.

Read each section slowly.

Pause when something resonates.

You may:

- write quickly without overthinking
- sit with one question for several minutes
- return to the page later with new insight

Write honestly, not “correctly.”

There is no pressure to “finish.”

This is not linear work.

It is inner listening.

BEFORE YOU BEGIN

Place one hand on your heart or throat if it feels supportive.

Take a breath.

Ask yourself gently:

- *What am I feeling right now?*
- *What part of me is ready to be heard?*

There is nothing you need to force.

Just begin where you are.

***SEE* — NOTICE THE PATTERNS**

This is where awareness begins.

You are not judging yourself here.

You are not fixing anything.

You are simply seeing what has been there all along.

You are bringing awareness to where you have silenced yourself.

REFLECTION 1

Where in my life do I tend to silence myself?

Examples:

- *I stay quiet in groups even when I have something to say.*
- *I say I'm fine when I actually feel overwhelmed.*

REFLECTION 2

When I do speak, where do I second-guess myself?

Examples:

- *I replay conversations later in my mind and wish I said something differently.*
- *I over-explain to make sure I'm not misunderstood.*

REFLECTION 3

What patterns do I notice in my body when I hold back my truth?

Examples:

- *My throat feels tight when I want to say something important.*
- *My stomach drops when I consider speaking up.*

REFLECTION 4

Where in my life do I consistently abandon myself to keep peace?

Examples:

- *I agree to things I don't want to avoid disappointing others.*
- *I stay quiet during conflict even when I feel hurt.*

Take your time here.

Seeing is not fixing.

Seeing is awakening.

HEAR - LISTEN TO YOUR INNER EXPERIENCE

This is where you begin to turn inward.

Not to analyze yourself - but to listen.

Noticing what your body, emotions, and intuition have been communicating all along.

Your system is always speaking.

This is where you start listening.

REFLECTION 1

What emotions do I tend to avoid expressing?

Examples:

- *I don't let myself feel anger — I shut it down quickly.*
- *I avoid expressing sadness because I don't want to burden others.*

REFLECTION 2

What is my body trying to communicate when I feel discomfort?

Examples:

- *My jaw tightens when I'm holding back what I want to say.*
- *I feel exhausted after situations where I didn't speak honestly.*

REFLECTION 3

What do I hear beneath my thoughts when I slow down?

Examples:

- *A quiet sense that I'm not being fully honest with myself.*
- *A feeling that I'm carrying more than I want to admit.*

REFLECTION 4

What truth have I been ignoring or pushing away?

Examples:

- *That something in my relationship doesn't feel aligned anymore.*
- *That I've been living more for others than for myself.*

Remember:

This is not about overanalyzing.

It is about becoming receptive again.

HEAL - RECLAIMING YOUR VOICE

Healing begins with small, honest moments.

Not big transformation.

Not perfection.

Just truth — practiced gently over time.

REFLECTION 1

What would it feel like to be more honest in my life?

Examples:

- *It would feel scary but also relieving.*
- *It would feel like I'm finally not holding everything inside..*

REFLECTION 2

Where can I practice speaking one small truth?

Examples:

- *Saying I need more time before I answer.*
- *Letting someone know something didn't feel good for me.*

REFLECTION 3

What fear shows up when I imagine using my voice?

Examples:

- *Fear of being rejected or misunderstood.*
- *Fear of conflict or disappointing someone.*

REFLECTION 4

What do I need to support myself as I begin speaking more truthfully?

Examples:

- *Slowing down before I respond instead of reacting.*
- *Reminding myself I don't need to explain everything.*

Closing Awareness

Healing is not about becoming a different person.

It is about returning to yourself.

One honest moment at a time.

One truth at a time.

One choice at a time.