

A Self-Rediscovery Tool for Women Healing from Relationship Erasure

What it is:

A one-page guided journal/worksheet that helps a woman:

Identify what parts of herself were lost

Understand why those parts were hidden or abandoned

Reclaim them with compassion, not shame

Begin a practical, emotional reintegration of her truth

With love,
Owner of Mindfully Hers
Noorsleha K.

What I Lost:

Prompt:

"Name 3 qualities, dreams, or habits that disappeared in your past relationship."

(Example: "My ambition," "my silliness," "the way I dressed just for myself")

Why I Let It Go

Prompt:

"What fear, pressure, or belief made you let this part go?"

(e.g., "He said it made me look desperate." "I thought it would make him stay.")

What It Meant to Me Before Them

Prompt:

"Before the relationship, what did this part of me make me feel?"

(e.g., "Powerful," "creative," "alive")

One Way I Can Reclaim It Now:

Prompt:

"What small step can I take this week to reconnect with this part of me?"

(e.g., "Dance again when no one's watching," "look into the course I paused," "wear the red lipstick")

What I Lost:

Why I Let It Go

**What It Meant to Me
Before Them**

**One Way I Can Reclaim It
Now:**

What I Lost:

- My curiosity to try new things
- My habit of writing in the mornings

Why I Let It Go

- He made fun of my ideas and called them unrealistic
- I was always too exhausted from managing his moods to write

What It Meant to Me Before Them

- My curiosity made me feel alive and inspired
- Writing helped me process my emotions and stay grounded

One Way I Can Reclaim It Now:

- I'll plan one new thing to try this weekend — just because it excites me
- I'll set aside 10 minutes to free-write after my morning coffee

To the woman who's healing —

I see you.

You're not broken. You're becoming.

And even on the days it feels heavy, I hope you remember this:

You're allowed to come home to yourself — slowly, gently, fully.

One piece at a time.

I'm rooting for you, always.

— From me, to you 