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**This journal is  
now available  
in paperback  
on Amazon!**



# This is for you

To the women who are tired of explaining  
pain they can't quite name.

To the ones who've Googled  
"...am I crazy?"

To the ones who shrink themselves to  
keep the peace.

To the ones who whisper their truth into  
pillows at night.

This journal is for the girl you used to be  
—the one who believed love should feel  
like peace—and the woman you are  
becoming now. She knows what she  
knows.

You're not too sensitive. You're not asking  
for too much.

It's time to wake up

# Dear Love,

If you have this journal, something inside you is already awake.

Maybe just a whisper; Maybe a scream.

Maybe a question you've shoved down one too many times:

“Is this what love is supposed to feel like?”

*This journal is for the woman...*

Who holds it all together on the outside but feels cracked and confused on the inside. The one who's been made to doubt their own heart. The one who loves deeply, even when it hurts.

“Half Loved, Fully Confused” isn't here to attack your partner. It's not about blame. It's about waking up gently inside your own life. It's about coming home to yourself; to trust your own damn intuition again.

This journal is a firelight in the dark. It's a mirror, a map, and a lifeline. You'll walk through patterns you didn't have language for—but always felt. You'll ask yourself the questions no one else dared ask. And in the quiet space between those questions, something sacred will happen:

You'll come home. You don't have to do anything yet.

Just notice and trust yourself to lead the way.

**With love, truth, and fire,**

*Jenny Jo*

# How to Use This Journal

This journal isn't about telling you what's right for your relationship. It's about helping you tell the truth to yourself—without guilt, without gaslighting, without all the noise.

Each section explores a different pattern that shows up in covertly unhealthy relationships. In each section, you'll find:

- Five journal prompts that dig gently—but deeply.
- One reflection prompt to help you hear your own voice again.
- A scoring tool to track how often these dynamics show up.
- Interpretation guides that meet you where you are—with truth, compassion, and clarity.

You don't have to do this in one sitting.  
You don't have to answer every question today.  
You don't have to make a decision.

Be brutally honest with yourself, no one's reading this but you.

Write the first thing that comes to mind.

Trust your gut.

Score each section at the end. Take note of any patterns forming.

Don't rush. Read one section a day or one a week or one month.

Take the time to process.

**You just have to start being honest with yourself.**

**That's the work. That's the awakening.**

# Scoring

At the end of each section, you'll rate yourself on a scale from 1 to 5 based on how often each pattern shows up in your relationship.

## Rate each prompt:

- 1 = Never
- 2 = Rarely
- 3 = Sometimes
- 4 = Often
- 5 = Always

## Then add up your total score for the section.

Every section includes a breakdown of what your score might reveal. These interpretations are here to guide you—not diagnose your partner, but reconnect you with your gut.

If your numbers feel high: you're not dramatic. You're responding to something that's real. If your numbers feel low, but something still doesn't sit right: you don't need extreme proof to honor your discomfort.

You'll begin to notice patterns across sections. Those patterns are your proof. **Those patterns are your power.**

*Your goal isn't to leave or stay;  
it's to know.*

# Section 1 Emotional Safety

If love doesn't feel safe, it's not love

-it's control, dressed up as devotion

When I express pain or needs, how does my partner usually react?

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Do I often replay conversations in my head, wondering if I was "too much"?

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Have I cried more from confusion than comfort in this relationship?

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Do I feel emotionally safer alone than I do with them?

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Have I ever hesitated to bring up a boundary because I was afraid of their reaction?

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## Section 1 Emotional Safety

### Reflection

What would I say to my best friend if she answered the questions the way I just did?



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### Score

Rate each prompt from 1 to 5 for how often this pattern or behavior shows up in your relationship.

1 = Never · 2 = Rarely · 3 = Sometimes · 4 = Often · 5 = Always

**Total Score for Emotional Safety: \_\_\_\_ / 25**

# Section 1 Emotional Safety

20-25

Your relationship may not feel emotionally safe—and that's not a small thing.

Score  
Interpretation

15-19

Something about this dynamic is keeping you on edge.

Below 15

You may feel mostly okay here—but “okay” is not the same as emotionally supported.

# Section 1 Emotional Safety

## 20–25

Your relationship may not feel emotionally safe, and that's not a small thing.

When you have to brace yourself before being honest... when your pain gets minimized, dismissed, or turned against you... Your body keeps score even if your brain can't make sense of it yet.

You're not imagining this. You're not asking for too much. And you deserve safety that doesn't come with conditions.

## 15–19

Something about this dynamic is keeping you on edge.

Maybe it's inconsistent support... or subtle punishments for speaking your truth.

You're not overthinking. You're responding to an emotional landscape that's unpredictable, and your nervous system is working hard to protect you.

## Less than 15

You may feel mostly okay here, but “okay” is not the same as emotionally supported.

If even one prompt made your gut tighten or your heart drop, listen to that.

Love should feel safe in your body, not just logical in your mind.

# Section 2 Control

Control doesn't always come with threats. Sometimes it whispers, disguising itself as protection or devotion.

-Sometimes it's "just being honest."

**Have I ever stopped doing something I loved because it made my partner uncomfortable?**

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**Do I feel like I need permission—explicit or implied—to make decisions about my life?**

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**Has my partner ever made me feel guilty for wanting alone time, rest, or space?**

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**Have I found myself changing my clothes, tone, or opinions just to avoid "a thing" with them?**

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**When I share goals or plans, do I feel supported—or subtly discouraged?**

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## Section 2 Control

### Reflection

If you could do anything without them knowing or reacting, what would you choose to do today?

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### Score

Rate each prompt from 1 to 5 for how often this pattern or behavior shows up in your relationship.

1 = Never · 2 = Rarely · 3 = Sometimes · 4 = Often · 5 = Always

**Total Score for Emotional Safety: \_\_\_\_\_ / 25**

## Section 2 Control

20-25

You may be in a relationship where control is quietly shaping your choices.

Score  
Interpretation

15-19

You're noticing how often you shrink, adjust, or soften yourself to avoid tension.

Below 15

Things may feel mostly supportive here—but don't ignore the moments where something felt off.

## Section 2 Control

### 20–25

You may be in a relationship where control is quietly shaping your choices.

It doesn't always sound like "no"—sometimes it sounds like a sigh, a pause, a guilt trip, or an invisible leash.

If your freedom feels like something you have to negotiate, that matters.

You're not dramatic. You're not ungrateful. You're waking up to the fact that love should expand you, not contain you.

### 15–19

You're noticing how often you shrink, adjust, or soften yourself to avoid tension.

Maybe it's not obvious to the outside world, but you feel the weight of that effort.

Your independence shouldn't cost you connection. And your life shouldn't need to be edited to be accepted.

### Less than 15

Things may feel mostly supportive here, but don't ignore the moments where something felt off.

Even one subtle shift in your behavior "just to keep the peace" is worth looking at.

Your full expression is not too much. It's the whole point of being alive.

# Section 3 Gaslighting

Gaslighting isn't designed to convince you they're right  
—it's designed to convince you that you're broken.

Do I regularly second-guess my memory or perception of events after we argue?

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Have I ever apologized for something I know I didn't do, just to make peace?

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Does my partner say things like “That never happened,” “You're remembering it wrong,” or “You always twist things”?

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Do I sometimes feel crazy, overly emotional, or unstable—and wonder if they're right?

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After fights, do I leave with more confusion than clarity?

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## Section 3 Gaslighting

### Reflection

If your brain had a voice and your body had a voice, what would they each say about the last fight you had?

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### Score

Rate each prompt from 1 to 5 for how often this pattern or behavior shows up in your relationship.

1 = Never · 2 = Rarely · 3 = Sometimes · 4 = Often · 5 = Always

**Total Score for Emotional Safety: \_\_\_\_ / 25**

## Section 3 Gaslighting

20-25

You may be experiencing gaslighting—whether intentional or not—and the impact is real.

Score  
Interpretation

15-19

There are patterns of mental fog, self-doubt, and emotional confusion showing up in your relationship.

Below 15

Things may feel mostly stable here, but don't ignore the moments where your voice feels drowned out.

## Section 3 Gaslighting

20–25

You may be experiencing gaslighting—whether intentional or not—and the impact is real.

When you start to question your memory, your motives, your mental stability... It's not you. It's the slow unraveling that happens when someone repeatedly denies your reality.

You are not broken. You are not “too emotional.” You are responding to an environment that subtly (or blatantly) punishes clarity.

15–19

There are patterns of mental fog, self-doubt, and emotional confusion showing up in your relationship.

You might find yourself constantly explaining, backtracking, or “checking your tone”—not because you're unstable, but because the ground beneath you keeps shifting.

Confusion is not a sign you're failing—it's often a symptom of being manipulated.

Less than 15

Things may feel mostly stable here, but don't ignore the moments where your voice feels drowned out.

Even occasional gaslighting—disguised as “jokes,” “teasing,” or “just being honest”—can leave deep marks.

You deserve to feel clear, grounded, and respected. Love shouldn't distort your truth—it should honor it.

# Section 4 Physical Boundaries

If your body tenses at their touch—  
that's not intimacy, it's information.

Have I ever said “yes” to sex because I felt pressured, guilty, or afraid to say no?

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Does my partner respect my physical boundaries without pouting, pushing, or punishing me?

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Have I ever felt like sex was expected or owed—especially after conflict or affection?

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Do I ever disconnect during intimacy, just to get through it?

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Has my partner ever crossed a line—even once—that left me feeling violated, ashamed, or numb?

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## Section 4 Physical Boundaries

### Reflection

Imagine your daughter or a young girl you love came to you with the exact experiences you just wrote about. What would you tell her?

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Rate each prompt from 1 to 5 for how often this pattern or behavior shows up in your relationship.

1 = *Never* · 2 = *Rarely* · 3 = *Sometimes* · 4 = *Often* · 5 = *Always*

**Total Score for Emotional Safety:** \_\_\_\_ / 25

## Section 4 Physical Boundaries

20-25

You may be in a relationship where your bodily autonomy is not being honored.

Score  
Interpretation

15-19

Something feels off, even if you can't quite name it.

Below 15

Even if things feel "mostly okay," this is still a space that deserves your attention.

## *Section 4* Physical Boundaries 20–25

You may be in a relationship where your bodily autonomy is not being honored.

It may not look like force, but subtle pressure, emotional guilt, or the expectation of “giving in” is still a form of harm.

Your body is not a transaction. It is a sacred space, and discomfort is enough of a reason to pause.

You are allowed to say no without apology. Every single time.

## 15–19

Something feels off, even if you can't quite name it.

Maybe you go along with things to avoid tension... or you notice a pattern where affection comes with strings attached.

You are not overthinking. Your body remembers what your mind has been trained to dismiss.

## *Less than 15*

Even if things feel “mostly okay,” this is still a space that deserves your attention.

Intimacy should never come with pressure, fear, or emotional withdrawal.

It's okay to grieve the moments you pushed through. It's okay to re-learn what safe connection can actually feel like.

# Section 5 Love-Bombing

It didn't start with control. It started with fireworks  
-that was the bait...

Did the relationship escalate quickly—intensity, commitment, or praise early on?

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Did they call me things like “soulmate,” “once-in-a-lifetime,” or “the only one who gets me” within weeks or months?

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Do I ever feel pressure to live up to a perfect version of myself they created?

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Did their affection shift suddenly after I opened up, got comfortable, or set a boundary?

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When I pull back, set limits, or need space—do they become extra affectionate, apologetic, or seductive again?

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## Section 5 Love-Bombing

### Reflection

Write about a time early in the relationship that felt too good to be true. What happened next?

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Rate each prompt from 1 to 5 for how often this pattern or behavior shows up in your relationship.

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**Total Score for Emotional Safety: \_\_\_\_ / 25**

## Section 5 Love-Bombing

20-25

This relationship may have hooked you with intensity instead of intimacy.

Score  
Interpretation

15-19

You might be stuck in emotional whiplash—high highs followed by sudden crashes.

Below 15

Even if love-bombing isn't the primary dynamic, it may have played a role in drawing you in or keeping you hooked.

## Section 5 Love-Bombing 20–25

This relationship may have hooked you with intensity instead of intimacy.

When someone builds you up fast and hard, it can feel like a dream—but it's often the setup for future control.

If the affection disappears the moment you express needs or boundaries, that's not love. That's a cycle.

It's okay to grieve the version of love you were sold. It's okay to admit it wasn't what it seemed.

## 15–19

You might be stuck in emotional whiplash—high highs followed by sudden crashes.

That confusion isn't weakness—it's a symptom of being reeled in and reeled back over and over.

You are not hard to love. You're just waking up to the difference between being seen... and being idealized.

## Less than 15

Even if love-bombing isn't the primary dynamic, it may have played a role in drawing you in or keeping you hooked.

Real love builds slowly, safely, and with depth.

You don't need to perform to be loved. You only need to be met.

# Section 6 Undermining

True love makes you feel big, not small.  
Real love lifts, frees, and celebrates your full self.

Do I often feel like I'm "too much" and "not enough" all at the same time?

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Has my partner ever made jokes about me—my body, my intelligence, my past—that didn't feel funny to me?

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When I succeed, feel confident, or express pride, do they celebrate me—or bring me back down??

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Do they compare me to others in ways that make me question myself?

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Have I ever dimmed my personality, dreams, or voice to keep their ego comfortable?

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## Section 6 Undermining

### Reflection

Think of one thing about yourself you used to love that feels harder to access in this relationship. What happened to it?

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Rate each prompt from 1 to 5 for how often this pattern or behavior shows up in your relationship.

1 = *Never* · 2 = *Rarely* · 3 = *Sometimes* · 4 = *Often* · 5 = *Always*

**Total Score for Emotional Safety:** \_\_\_\_ / 25

## Section 6 Undermining

20-25

You may be in a dynamic where your light threatens someone who needs you small to feel secure.

Score  
Interpretation

15-19

You're noticing that being your full self feels risky.

Below 15

Even subtle digs or "jokes" can wear on your self-worth over time.

## *Section 6* Undermining 20–25

You may be in a dynamic where your light threatens someone who needs you small to feel secure.

This isn't love—it's erosion.

If your brilliance, beauty, or confidence is met with sarcasm or silence, that's not emotional intimacy—it's sabotage.

You don't have to make yourself smaller to be safe. You were never too much. They were just too limited.

## 15–19

You're noticing that being your full self feels risky.

You might downplay your wins, second-guess your gifts, or shrink back to avoid conflict or jealousy.

You deserve to be celebrated, not managed.

Pay attention to the parts of you that feel stifled—they're the compass back to your truth.

## *Less than 15*

Even subtle digs or “jokes” can wear on your self-worth over time.

You don't need to be insulted to be undermined.

Look at how you feel in your body around them: Do you expand—or compress? That's your answer.

# Section 7 Guilt

If you must earn your place in their life—you're not in love, you're in survival.

Do I feel like my partner's moods or stability depend on how well I behave, perform, or please?

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Do I feel responsible for their pain, past trauma, or lack of healing?

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When I try to set a boundary, do I end up backpedaling because of guilt or fear of hurting them?

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Do I feel like I owe it to them to stay because they've "done so much for me"?

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Have I ever stayed silent, agreed, or had sex just to keep the peace?

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# Section 7 Guilt

## Reflection

What does it cost you to stay on your partner's "good side"? What part of you must disappear to maintain the peace?

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Rate each prompt from 1 to 5 for how often this pattern or behavior shows up in your relationship.

*1 = Never · 2 = Rarely · 3 = Sometimes · 4 = Often · 5 = Always*

**Total Score for Emotional Safety: \_\_\_\_ / 25**

## Section 7 Guilt

20-25

You may be carrying a heavy emotional labor load that doesn't belong to you.

Score  
Interpretation

15-19

This may feel confusing:  
part love, part guilt,  
part duty.

Below 15

Even if this isn't a major theme, watch for small ways you perform instead of just being.

## Section 7 Guilt

20–25

You may be carrying a heavy emotional labor load that doesn't belong to you.

If you feel like love depends on your compliance, cheerfulness, or sacrifice—that's not love.

That's performance for survival.

You deserve a relationship where your worth isn't measured by how well you manage someone else's fragility.

15–19

This may feel confusing: part love, part guilt, part duty.

You might rationalize staying because they've "been through so much" or "mean well"—but that doesn't erase the ways you're shrinking.

You can be compassionate without abandoning yourself.

Less than 15

Even if this isn't a major theme, watch for small ways you perform instead of just being.

Guilt is a tool of control when used to keep you quiet or compliant.

Love doesn't need to be earned—it needs to be reciprocated.

# Section 8 Silent Punishment

Sometimes the cruelest thing isn't what's said—it's what isn't said.

Does my partner often give me the silent treatment or withdraw affection as punishment?

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Have I ever felt punished or ignored for expressing my feelings or needs?

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Do I hesitate to bring up problems because I fear they will shut down or walk away?

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After conflicts, do I feel left out in the cold instead of being heard or understood?

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Do I feel emotionally abandoned even when my partner is physically present?

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## Section 8 Silent Punishment

### Reflection

Recall the last time you were met with silence or coldness after trying to connect. How did it make you feel inside?

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Rate each prompt from 1 to 5 for how often this pattern or behavior shows up in your relationship.

1 = *Never* · 2 = *Rarely* · 3 = *Sometimes* · 4 = *Often* · 5 = *Always*

**Total Score for Emotional Safety: \_\_\_\_ / 25**

## Section 8 Silent Punishment

20-25

You may be stuck in a cycle of emotional abandonment that's being used as control.

Score  
Interpretation

15-19

Your needs may be met with distance instead of dialogue.

Below 15

Even if this isn't a regular issue, take note of any times when connection was withheld instead of repaired.

## Section 8 Silent Punishment

20–25

You may be stuck in a cycle of emotional abandonment that's being used as control.

Silence, shutdowns, and withheld affection aren't "just moods"—they're messages.

And the message is: you don't get access to love unless you behave. This is deeply damaging, especially when it's invisible to everyone but you.

You deserve love that stays emotionally present—even when it's hard.

15–19

Your needs may be met with distance instead of dialogue.

It's subtle—but devastating: you speak, and they disappear.

This is not you being too needy. This is a learned coping strategy from someone who's using silence as a shield—and it leaves you frozen and alone in your own relationship.

Less than 15

Even if this isn't a regular issue, take note of any times when connection was withheld instead of repaired.

Healthy love doesn't punish your truth with silence.

You are worthy of love that stays, listens, and works through—not shuts down and disappears.

# Section 9 Intensity

If their love only feels real when it's loud & unstable

—it's not love. It's chaos.

Does my partner ever raise their voice, slam things, or make me feel physically on edge—even if they don't touch me?

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Do I avoid sharing hard truths because I don't know what version of them I'll get?

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Have I found myself calming them down, softening things, or changing how I speak just to keep things from blowing up?

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After fights, do they act like nothing happened—or expect me to “move on” quickly?

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Have I ever felt scared, small, or like I needed to be extra careful after setting a boundary?

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## Section 9 Intensity

### Reflection

If you witnessed someone treating your child or best friend this way, what would you want them to know?

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Rate each prompt from 1 to 5 for how often this pattern or behavior shows up in your relationship.

1 = Never · 2 = Rarely · 3 = Sometimes · 4 = Often · 5 = Always

**Total Score for Emotional Safety: \_\_\_\_\_ / 25**

## Section 9 Intensity

20-25

You may be living in an emotionally volatile space—even if it's not always visible to others.

Score  
Interpretation

15-19

There may be cycles of tension, explosions, apologies, and resets.

Below 15

Even small outbursts can have a long tail—especially if they happen early in the relationship and change how you show up.

## Section 9 Intensity

20–25

You may be living in an emotionally volatile space—even if it's not always visible to others.

It doesn't have to be physical to be terrifying.

When love feels like walking on eggshells, it stops being love and starts being survival.

Your nervous system knows. Trust it.

15–19

There may be cycles of tension, explosions, apologies, and resets.

That's not emotional depth—it's emotional instability.

You shouldn't have to manage another adult's mood just to feel safe.

You are not overreacting. You are responding to chronic unpredictability.

Less than 15

Even small outbursts can have a long tail—especially if they happen early in the relationship and change how you show up.

Anger should never be used to silence, scare, or control you.

You are allowed to feel safe even when you speak hard truths

# Section 10 Patterns

You're not just overthinking  
—you're over-feeling what your nervous system has known all along.

Are there consistent themes across these sections that I've tried to downplay or explain away?

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Do I often feel like I'm losing pieces of myself—but can't pinpoint exactly why?

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When I imagine telling someone the full truth about my relationship, do I feel fear, shame, or like I'd have to soften it?

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Have I spent more time managing the relationship than actually enjoying it?

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Does the idea of starting over feel terrifying—yet staying feels quietly soul-draining?

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## Section 10 Patterns

### Reflection

What would my life look  
like now if I had believed  
myself the first time  
something felt wrong?

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Rate each prompt from 1 to 5 for how often this pattern or  
behavior shows up in your relationship.

1 = *Never* · 2 = *Rarely* · 3 = *Sometimes* · 4 = *Often* · 5 = *Always*

**Total Score for Emotional Safety: \_\_\_\_ / 25**

## Section 10 Patterns

20-25

You're likely waking up to a bigger truth: this isn't just about this week, or this fight —it's about a pattern that has worn you down over time.

Score  
Interpretation

15-19

There's a quiet tug in your gut that says: something is off. And it keeps echoing across your story.

Below 15

Even if only a few sections lit up, they lit up for a reason.

## Section 10 Patterns

20–25

You're likely waking up to a bigger truth: this isn't just about this week, or this fight—it's about a pattern that has worn you down over time.

When every section lights up, that's not a coincidence. That's a roadmap.

You're not crazy, dramatic, or broken. You're finally seeing the full picture—and that changes everything.

You are not powerless. You're aware. And that is the beginning of everything.

15–19

There's a quiet tug in your gut that says: something is off. And it keeps echoing across your story.

You might still doubt it—but that doubt was planted by someone who benefits from your confusion.

This is your moment to listen closer, not silence the whisper.

You are allowed to trust your patterns more than their apologies.

Less than 15

Even if only a few sections lit up, they lit up for a reason.

This is not about proving it's "bad enough"—it's about honoring the fact that it doesn't feel right.

You don't need permission to name what hurts.

Awareness isn't a verdict—it's a compass. And yours is working.

# Final Reflection & Next Steps

You've done something sacred:  
You've stopped gaslighting yourself.

This journal isn't about whether you stay or go.  
It's about whether you can look yourself in the eye again and say:

*"I believe me."*

**If your scores revealed patterns that made your stomach twist or your chest tighten, take that seriously. That's your nervous system speaking. And it doesn't lie.**

Maybe you're still unsure. Maybe you're exhausted. Maybe you're grieving a love you desperately hoped would be safe.

There's no shame in that.

This is not a test—it's a reckoning. A homecoming. A soft rebellion against every time you betrayed yourself just to be loved a little longer.

You don't need to have a plan yet; you don't need to have answers.

You only need one thing: *Awareness.*

From here, you get to choose

Whatever comes next, you won't unknow what you know now.

And that knowing?

*That's the fire.*

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# Resources & Support

You don't have to be bleeding to be broken. And you don't have to be broken to deserve support. Whether you're living in fear, walking on eggshells, or just quietly unraveling inside a relationship that makes you question yourself, you deserve help that sees you. These resources may not apply to everyone.

However, each one can serve as a starting point toward clarity, community, or healing.

## Emotional Abuse & Relationship Clarity

### *Love Is Respect*

Healthy relationship education, chat/text help  
loveisrespect.org | Text "LOVE" to 22522

### *The Hotline*

National Domestic Violence support, including emotional & psychological abuse  
thehotline.org | 1-800-799-7233

### *One Love Foundation*

Focused on identifying unhealthy relationship behaviors  
joinonelove.org

## Mental Health & Trauma Support

### *Therapy Matcher*

Find trauma-informed therapists by zip code  
psychologytoday.com

### *Open Path Collective*

Affordable therapy for those without insurance  
openpathcollective.org

### *7 Cups*

Free, anonymous emotional support & peer chats  
7cups.com

## Community & Peer-Led Support

### *Reddit Subreddits*

r/emotionalabuse – For survivors

r/relationship\_advice – General support

### *Facebook & TikTok Creators*

Search terms like “covert abuse,” “emotional neglect,” “healing your nervous system,” to find women-centered, validating spaces

### *Adult Children of Alcoholic & Dysfunctional Parents*

<https://adultchildren.org/>

## Emergency or Shelter Help

[womenshelters.org](https://www.womenshelters.org) – Filter by city/state

<https://www.mutualaidhub.org/>

<https://feministcoalition.org/>

(Africa-focused)

<https://womensrefugeecommission.org>

(global refugee + displacement focus)

<https://transhousingnetwork.com>

(Trans-inclusive housing network)

<https://metoomvmt.org>

(Offers community-based alternatives to policing)



## Where to Go When You Have Nowhere to Go

### *Feminist Co-ops, Cafés, Bookstores, or Spiritual Circles*

Search terms:

“feminist co-op near me”

“women’s community center [city]”

“queer safe space [city]”

### *Universities + Campus Women’s Centers*

You don’t have to be a student to ask for help.

These places often host open support circles and referrals.

### *Local Universalist Unitarian Churches*

If you’re not ready to take action, you still deserve to be witnessed, held, and reminded of your worth; follow trauma-aware creators like:

@goddessspeaksfire™ (that’s me!)

@the.holistic.psychologist

@nedratawwab

@creatingsafer

@decolonizingtherapy

@restforresistance

# Dear Warrior Woman,

If you made it here, I want you to know something: I am so proud of you. Not because you figured it all out. Not because you left. Not because you stayed. But because you saw. Because you chose to stop abandoning yourself. Because you let the truth rise up, even though it scared the hell out of you.

You didn't imagine it. You weren't overreacting. You were being slowly unraveled by someone who benefited from your silence. And now? You've stopped silencing yourself.

That's what this journal was for. Not to tell you what to do. But to help you remember who you are.

You are not hard to love. You are not broken or dramatic or needy.

You are loving in a world that taught you to settle for survival.

You are sensitive in a world that confuses numbness with strength.

You are waking up in a world that profits off your silence.

There's nothing wrong with you & you don't need to earn love by bleeding for it. The version of you that didn't know—she wasn't stupid. She was loyal. She loved deeply. She hoped. She tried. She believed. And the version of you now? She's no longer willing to pay for love with pieces of her soul.

You don't have to be ready to leave. You just have to be ready to stop gaslighting yourself. You are allowed to want more; You are allowed to start over. You are allowed to make decisions that confuse everyone else—because they finally make sense to you.

You deserve love that doesn't need you to shrink. You deserve softness without apology. You deserve safety that doesn't come at the cost of your voice.

**And if no one has ever told you this before, let me**

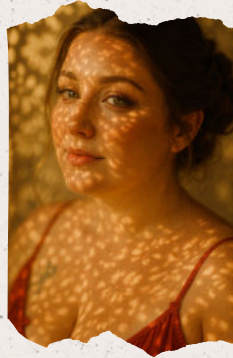
**YOU ARE NOT TOO MUCH.**

**YOU ARE A WILDFIRE OF WORTHINESS.**

**AND YOU WERE BORN TO BURN BRIGHTER, NOT BREAK.**

*With you in the fire,*

*-Jenny Jo*



## About the Author

Jenny Josaphat is a woman forged in flames *no one* should have to survive.  
*A mother. A writer. A truth-teller with the  
weight of a hundred lives inside her chest.*

She grew up inside the ache of betrayal—the kind that comes from people who were supposed to love you. Abuse didn't just visit her life once—it shaped the terrain. And yet, she rose. Again and again. With fire in her mouth and a softness that refused to die.

She's been silenced, dismissed, gaslit, and broken open by people who claimed to love her. But instead of turning bitter, she turned her story into a torch. And now she's lighting the path for other women, especially the ones who've stayed too long, doubted too hard, or lost themselves trying to be "good enough."

Jenny writes for the woman who's not just confused. She's half loved, fully exhausted, and finally ready to come home to herself.

She is not a coach. She is not a content creator. She is on a mission to awaken women to their worth. To help them reclaim their voice, their body, their life.

**She believes healing is sacred. Sensuality is power & and women who tell the truth  
about their lives will change the world.**

*more resources...*

The Fire That Finds You: A Guide to 50 Cities of Refuge, Resource, and Rebirth™

Letters to the Me Who Stayed™: A community healing blog project where women anonymously share the truth they were never allowed to speak.

The Whisper Project™ Join the street team to reach women where they need us

[goddessspeaksfire.com](http://goddessspeaksfire.com)

**This journal is  
now available  
in paperback  
on Amazon!**

