Ms. B's
PLACE OF UNDERSTANDING

WHISPERS TO THE MOON

Feeling Stuck

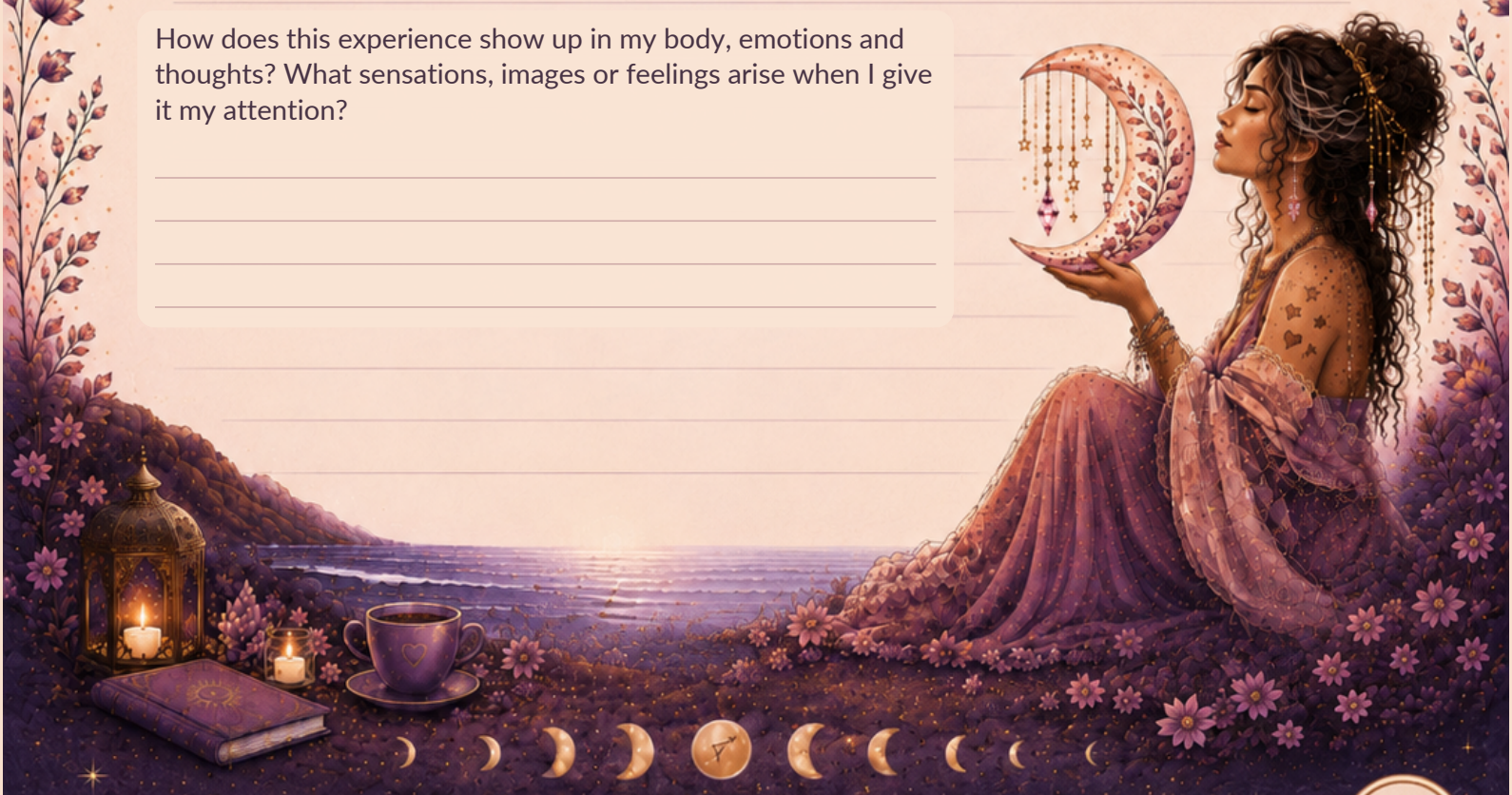
Understanding the space between where you are and where you're going

A guided journaling experience for self-understanding, discernment and intentional change.
Feeling stuck does not always mean that something is wrong or that you need to move faster. Sometimes we are avoiding something; sometimes we are exhausted, changing, or still making sense of what we have experienced. Begin with curiosity rather than pressure. Choose the questions that speak to you, and return to the others when you are ready.

01 Meet yourself where you are

Where in my life do I feel stuck? What is happening, and what feels difficult to move through?

How does this experience show up in my body, emotions and thoughts? What sensations, images or feelings arise when I give it my attention?



Come sit with me. You belong here.

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Listening beneath the feeling

02 Listen beneath the feeling

When did I begin to feel this way? What was happening in my life then? What has changed, and what has remained the same?

What am I noticing as I sit with this experience?



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Exploring what may be keeping you here

03 Explore the meaning of this space

More than one of these possibilities may be true. Notice what resonates without forcing your experience to fit a category.

Avoidance. Is there a feeling, conversation or decision I have been reluctant to face?
Depletion. Am I asking myself for movement when I actually need nourishment, rest or support?
Transition. Have I outgrown a role, relationship or way of living without yet knowing what comes next?
Conditioning. What learned belief, fear or expectation might be limiting the possibilities I can see?
Integration. Am I still processing something I have come to understand? What needs time to settle?
External circumstances. What practical limitations or conditions are affecting me? What is within my influence, and what is not?

Which of these possibilities feels most relevant to me? What experiences or observations help me understand why?



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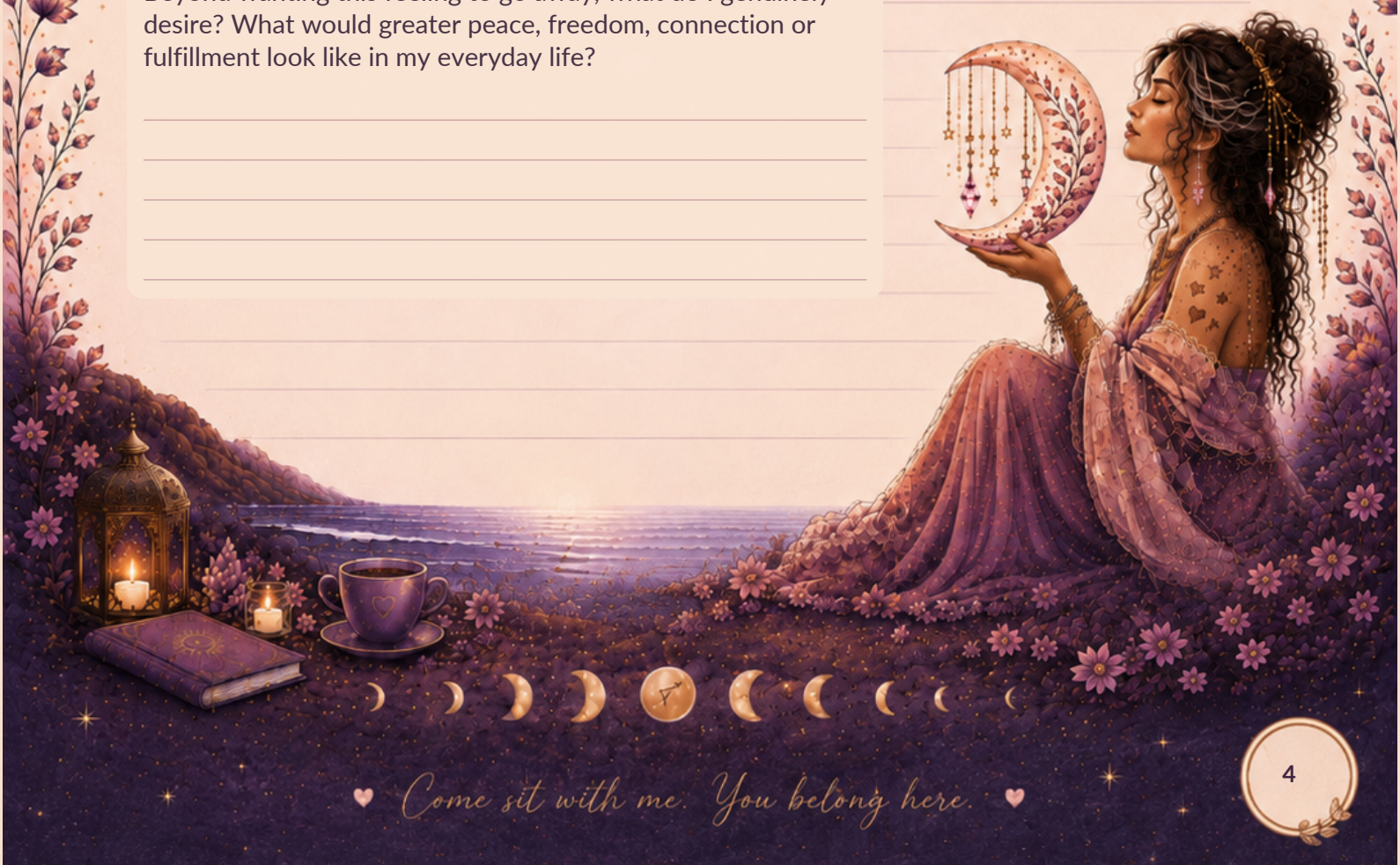
Reconnecting with what matters

Continue your exploration

What might I be needing, protecting or trying to preserve? Is there something I have not given myself permission to acknowledge?

04 Reconnect with what matters

Beyond wanting this feeling to go away, what do I genuinely desire? What would greater peace, freedom, connection or fulfillment look like in my everyday life?



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Bringing understanding into your life

05 Recognize the moment of choice

What is one small, compassionate choice that reflects what I am beginning to understand? It may be an action, a boundary, asking for support, or intentionally allowing myself time to rest.

What would help me honor this choice, and how can I return to it with kindness if I fall into a familiar pattern?



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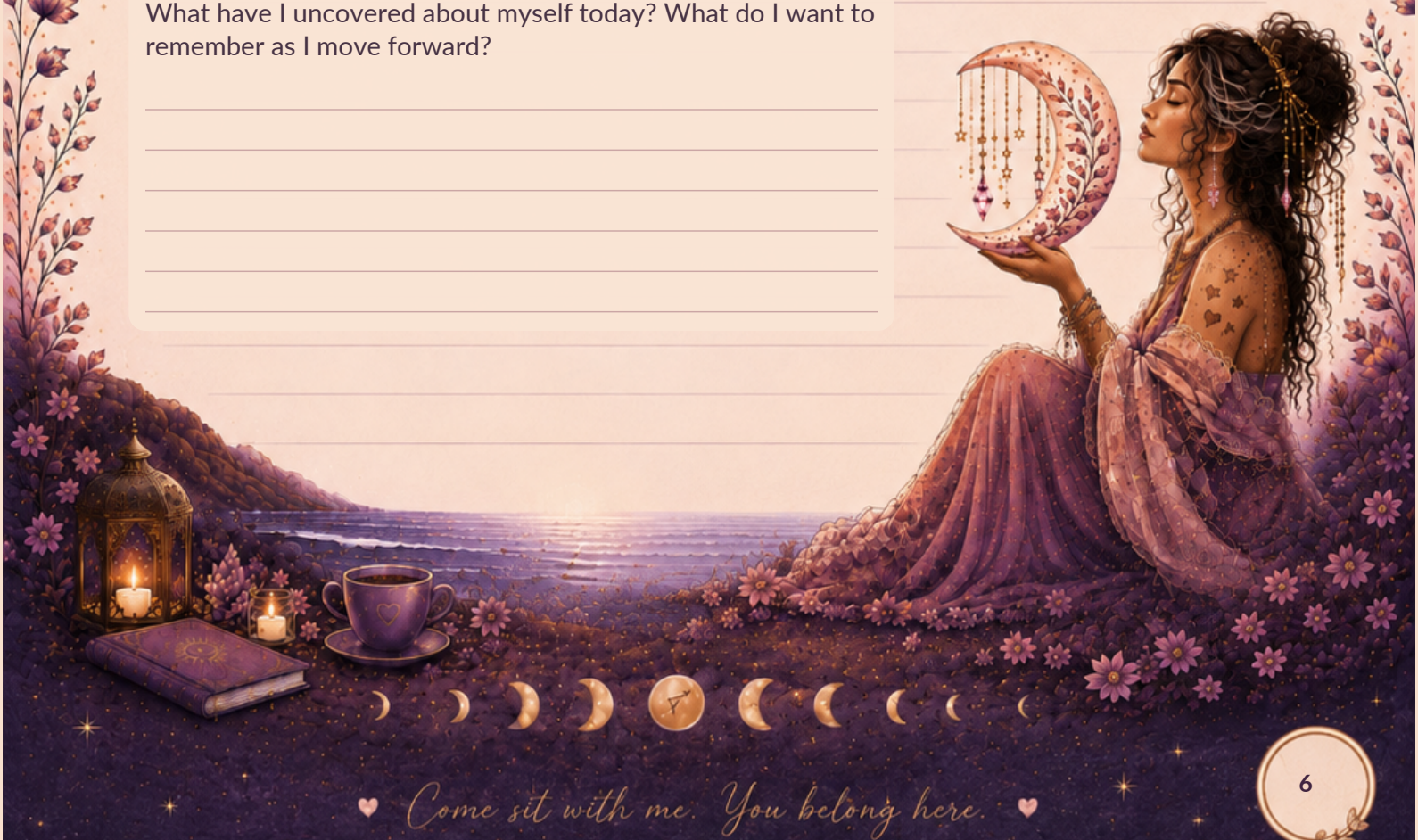
Returning to yourself

A gentle note from Ms. B

There have been times when I could not see beyond a situation or feeling. I have learned that there is a difference between avoiding something that needs my attention and allowing myself time to understand and integrate what I am experiencing. Sometimes clarity unfolds gradually. If your relationship with Spirit, God or your own inner wisdom is part of that process, make room for it without demanding an immediate answer. Trusting the process also means discerning what is yours to do, and what needs time. — Ms. B

06 A closing reflection

What have I uncovered about myself today? What do I want to remember as I move forward?



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