



## THERAPY SHORTS WORKBOOK – The Pain You Choose: Lonely Healing or Familiar Suffering

### JOURNALLING QUESTIONS

1. Where in my life am I choosing familiar suffering instead of uncomfortable healing?
2. What emotions surface when I am alone, and what might they be trying to tell me?
3. In what ways did the past relationship stop me from hearing my own voice?
4. What part of loneliness feels frightening — and what part might actually be freedom?
5. What behaviours do I return to when I feel abandoned or anxious?
6. How has my identity shifted since stepping away from dysfunction?
7. What boundary did I honour this week that I wouldn't have honoured before?

### REFLECTION EXERCISES

#### 1. Map Your Emotional Landscape:

Write down the emotions you tend to feel most strongly when you are alone.

Next to each one, note whether it feels familiar because of past relationships, or whether it feels new.

#### 2. The Suffering vs Healing Table:

Create two columns:

- Column A: "Suffering I Still Choose"
- Column B: "Healing I'm Avoiding"

List examples from your daily life for each. Notice patterns without judgment.

#### 3. Nervous System Reset Check-In:

Sit in silence for two minutes.

Notice your breathing, your posture, and any tension.

Write down what your body is saying that your mind often ignores.

#### 4. Self-Trust Tracker:

At the end of each day, write one small decision you made that supported your wellbeing.

These micro-moments rebuild self-trust.

### THERAPIST TAKEAWAY

Loneliness is not a failure or a punishment — it is the first honest environment your nervous system has had in years. When the noise drops, the truth rises. Healing begins when you stop filling the silence and start listening to what it reveals. Your task is not to rush out of loneliness, but to build a self inside it that you no longer abandon.