



UNAPOLOGETICALLY

Reborn

HEALING *is Messy*

A GENTLE REMINDER:
YOU ARE NOT BEHIND. YOU ARE BECOMING.



Healing is not a straight line.

It's a circle. A spiral. A storm sometimes.

And that is okay.

SOME DAYS YOU WILL...



feel
hopeful



feel
overwhelmed



feel
strong



feel like you
lost progress



feel
numb



feel
grateful

All of it is part of the process.

WHAT HEALING

Actually Looks Like

- ✓ Cancelling plans to protect your peace.
- ✓ Choosing rest without guilt.
- ✓ Saying no without over-explaining.
- ✓ Crying and still showing up the next day.
- ✓ Setting boundaries and disappointing people.
- ✓ Realizing old patterns and choosing differently.
- ✓ Letting go of what no longer feels safe.
- ✓ Choosing yourself—over and over again.



It's not always pretty,
but it's always progress.

“

You will never
heal in the same
environment
where you
got sick.



Give yourself
grace as you
rebuild.

WHAT HEALING

Is Not

- ✗ Waking up one day and never feeling triggered again.
- ✗ Being “positive” all the time.
- ✗ Forgiving people who aren't ready to be accountable.
- ✗ Pretending you're okay when you're not.
- ✗ Rushing your process because someone else healed faster.



You are not too slow.
You are not too much.
You are human.

THE IN-BETWEEN IS WHERE

The Magic Happens



You're not who you were,
and you're not who you're
becoming yet—and that's okay.



You are allowed to be
proud of how far you've come.



You are allowed to miss the old you.



You are allowed to take your time.



You are allowed to choose you.

Every. Single. Day.

GENTLE REMINDERS



Healing isn't about becoming perfect.
It's about becoming aware.



Your wounds are not your identity.
They are part of your story.



The fact that you keep choosing
healing—even when it's hard—
is something to be proud of.



You're not falling apart.
You're falling into alignment.



Better days are not the goal.
Peace is.



BE KIND TO YOU

Especially When...



You feel like you're doing everything
“right” and still feel off.



You keep having the same
conversations in your head.



You feel exhausted from
the healing itself.



You want to quit.



You feel like nobody understands.

*You are not alone.
You are becoming.*



“

Healing is not a race.
It is a return—to yourself.
And that is *always* worth it.



AFFIRMATION

I give myself grace.
I honor my process.
I am becoming the
person I was created to be.

NOTE TO SELF

I choose peace today.



THIS IS WHERE SURVIVAL ENDS...



AND CHOICES BEGIN.

Alicia & Cody
UNAPOLOGETICALLY REBORN