

The Peace of Being With Yourself

*Purpose: To help you feel safe, grounded, and at peace in your own presence...
without needing constant noise, distraction, validation, or busyness.*

1. When do I feel the strongest urge to avoid silence? (E.g: driving alone, nighttime, mornings, weekends, after conflict, etc.)

2. What do I usually use to fill the silence?
(Phone, music, TV, overworking, social media, talking, relationships, food, etc.)

3. What emotions show up when it gets quiet?

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Guilt |
| <input type="checkbox"/> Restlessness | <input type="checkbox"/> Boredom |
| <input type="checkbox"/> Loneliness | <input type="checkbox"/> Overthinking |
| <input type="checkbox"/> Sadness | <input type="checkbox"/> Peace |
| <input type="checkbox"/> Fear | <input type="checkbox"/> Relief |
| <input type="checkbox"/> Other: _____ | |

4. What needs to be different for silence to feel more comfortable?

Remember: *Silence is not emptiness, and learning to be with yourself is not loneliness; it is emotional maturity and peace. You do not need constant stimulation to feel okay.
You can become a safe place for yourself.*

5. Who am I when no one is watching, needing, or validating me?

6. How different would it feel to enjoy my own company? And why?

7. This Week's Challenge (Choose 1 to do daily):

- 10-minute walk without music or phone
- Sit in silence for 15 minutes
- Solo coffee date without distractions
- Journaling before reaching for your phone
- Driving without background noise
- Eating one meal in silence
- Other: _____

8. What came up for me during this?

Write one thing you want to remember:

"I do not need _____
to feel _____"