

SIS, YOU COOL? | THE MIRROR JOURNAL

30 Days of *Honest Questions*

No perfect answers. Just a clearer reflection.

What are you pretending does not hurt?

Where are you performing okay instead of being honest?

Write the answer you would not post.

Whose expectations are shaping your decisions?

What are you afraid will happen if you choose yourself?

What truth have you been editing to make other people comfortable?

Write the answer you would not post.

Where are you asking for permission you no longer need?

What did survival teach you that peace is asking you to unlearn?

What are you carrying that was never yours?

Write the answer you would not post.

Where does your body feel the truth before
your mouth admits it?

Write the answer you would not post.

What boundary would make your life quieter?

What are you calling loyalty that is actually fear?

What version of you are you still trying to prove?

Write the answer you would not post.

Where are you shrinking to stay understandable?

What apology are you still waiting for?

What would closure look like if nobody else participated?

What are you avoiding because you might be good at it?

Which relationship requires you to abandon yourself?

Where have you confused being needed with being loved?

Write the answer you would not post.

What do you need that you keep minimizing?

What are you allowed to grieve even if leaving was right?

What does peace require from you this week?

Write the answer you would not post.

What would you do differently if guilt were not in the room?

Where are you reacting to the past instead of responding to the present?

What part of your story deserves compassion instead of criticism?

What are you ready to stop explaining?

What have you outgrown but not released?

What does choosing yourself look like in one small action?

What would your life feel like without the performance?

What truth became clear only after the noise stopped?

Sis, are you cool - for real?

Write the answer you would not post.