

SLEEPING WITH THE ENEMY

WEEK TWELVE

Your PDF reflection pages are private and always your own. Community questions are shared at the end of the month and are completely optional

Where in your life have you felt controlled—by a person, situation, or fear—and how did it affect your sense of self?

What does true safety feel like to you—and how is it different from control?

Have you ever had to rebuild your identity after leaving something behind? What did that process teach you?

Where might you need stronger boundaries to protect your peace and well-being?
