

# **CAIN AND ABLE**

## **WEEK TWO**

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 do you notice comparison quietly shaping your emotions or decisions?**

---

---

---

---

**How do you typically respond when your efforts feel unseen, unrecognized, or misunderstood?**

---

---

---

---

**What emotions tend to surface when resentment is left unexpressed or unresolved?**

---

---

---

---

**What might it look like to pause, acknowledge your inner state, and choose awareness over reaction?**

---

---

---