

# Slowing the Urgency: A Journal for the Overwhelmed Dreamer

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*Healing the Void: From CEN to Wholeness*

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## Welcome

This journal is for those moments when urgency takes over — when you feel like you must *do more, fix faster, launch now*, even when your body is begging for rest.

Often, this drive is not just ambition. It's an echo of unacknowledged fear, pressure, grief, and hope — woven into your nervous system, your childhood, and your present responsibilities.

These pages offer you a gentle space to pause and listen. To question. To re-align with what truly matters.

Take your time. There's no rush here.

## 1. What's Driving the Urgency?

- What's making you feel like it has to happen *now*?
- What are you afraid will happen if you rest or slow down?
- What would be the worst-case scenario... and what would you say to a friend feeling that fear?

### **Bonus Prompt:**

What sensations arise in your body when you try to stop? Can you describe them without judgment?

## 2. Money, Security & Identity

- What does money represent to you right now?
- How much of your current urgency is related to financial insecurity or the fear of being seen as “unproductive”?
- What messages about money, work, and self-worth did you receive growing up?

### Optional Reflection:

Imagine your needs are fully met. What kind of work would you *want* to do — if urgency wasn't deciding for you?

### 3. “Now or Never” Thinking

- Where does the belief “it’s now or never” show up?
- Can you recall a childhood or life experience that reinforced this pattern?
- What if that urgency was a survival strategy that helped you once, but isn’t needed anymore?

#### **Reframe Prompt:**

What might “slow momentum” look like?

What’s one small step that would still honor your vision without burnout?

#### **4. The Role of Parenthood & External Pressure**

- Are you feeling watched, judged, or expected to “prove” something now that your children are growing older?
- What are the external expectations you’ve internalized — from family, culture, or community?
- Whose approval are you still hoping to earn?

**Free Write:**

Write a compassionate letter to yourself from a future version of you who knows it’s okay to go slow.

## 5. The Body's Voice

- What does your body truly need right now?
- What does *urgency* feel like in your body — and what might *calm purpose* feel like instead?

### **Micro Practice:**

Try placing a hand over your heart or belly. Breathe slowly for 2 minutes. Ask:  
“What are you trying to tell me?”

## **Closing Reflection**

- What insight surprised you today?
- What is one small boundary, pause, or change you're ready to experiment with?

### **Affirmation to Take With You:**

*"I am allowed to go slow. Healing and creation can unfold in their own time."*