Self-intimacy is the process of turning towards oneself with an inquisitive and wondering curiosity in an effort to understand oneself in a deeper and more meaningful way. Here is a journal page to help facilitate this exploration process. Some suggested guidelines: 1) Choose a specific time frame to journal (e.g. at least 5 minutes) 2) Set a timer for your chosen time frame 3) Freely write your conscious flow of thoughts without judgment.

Consider pondering these prompts to guide your writing if you need a starting point:

- Humans naturally tend to turn away from painful thoughts or feelings. What is happening for me in this moment that might feel painful or uncomfortable? (Tune in to thoughts, emotions and body sensations).
- What feels familiar about my experience in this moment?
- What do I need in this moment?

There is no right or wrong way to explore. The goal is to stay fully present with yourself in a kind and compassionate way.

~Happy writing as you sit and become your new best friend!

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