



THE SCARS WOMEN BEAR: JOURNAL



The Scar Lady™
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"CHANGE YOUR SCAR, CHANGE YOUR LIFE!"

THIS JOURNAL IS INTENDED TO PROVIDE A WAY TO MOVE YOUR THOUGHTS FROM YOUR BRAIN TO A PHYSICAL OUTLET. WRITING WITH A PEN HELPS PHYSICALLY TRANSFER THE MATERIAL. MANY PEOPLE FEEL RELIEF TO SEE THEIR THOUGHTS ON PAPER. IT CAN MAKE THEM FEEL MORE VALID OR CONCRETE. IT'S ALSO A GREAT WAY TO RELEASE THOUGHTS AND FEELINGS.



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What am I proud of myself for?



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How is my pain showing up in my life?

In my body:

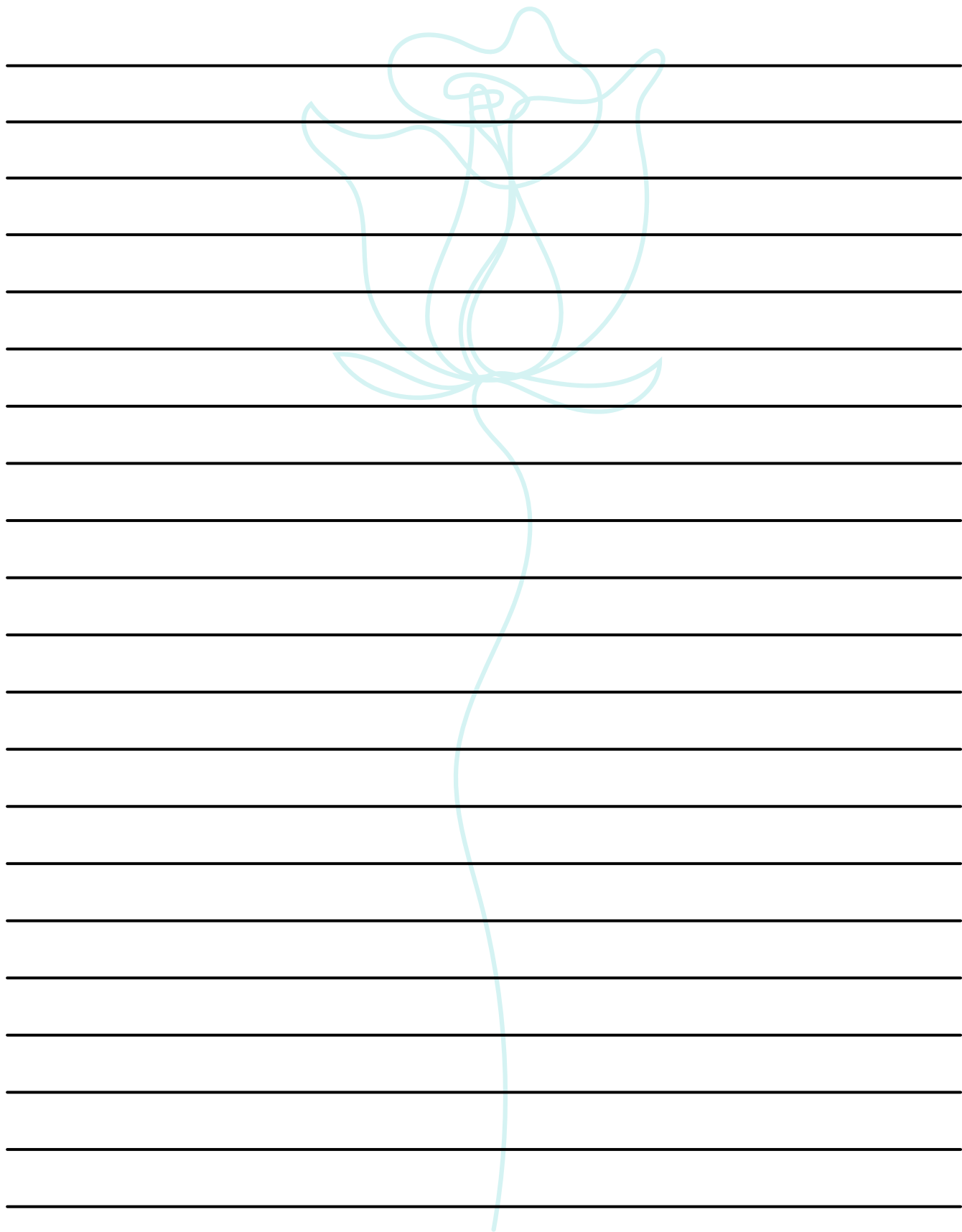
In my brain:

In my movement:

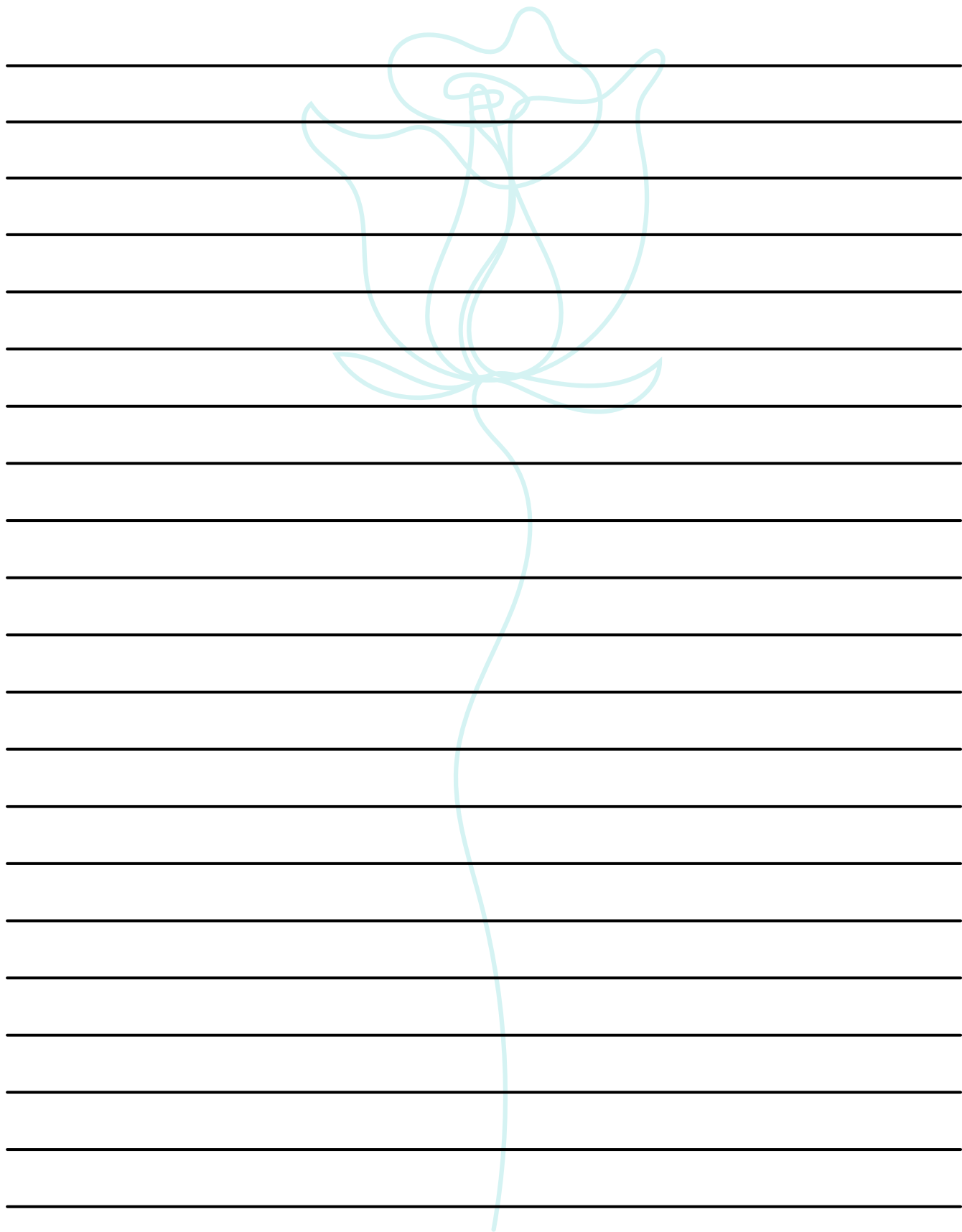
In my emotions:



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