

Prompt Copy That Resonates

For Healing Coaches, Therapists & Reflective Brands

1. You're not too much to hold.

2. There is a reason you shrink yourself to stay safe.

3. Your nervous system is not broken. It's trying to protect you.

4. Healing begins when safety is no longer a performance.

5. What part of you still fears being seen?

6. You don't have to earn gentleness.

7. Save this for the days you forget who you are.

These words are yours to keep. Use them with care. – Chudi