

Stacked Healing Prompts – Green Variant

1. Your softness is not a flaw.

2. You don't have to explain why you're tired.

3. Rest is not a reward. It's a right.

4. Some days, surviving is sacred work.

5. You're allowed to outgrow your old coping strategies.

6. Gentleness is still strength.

7. You can heal without rushing your timeline.