

A PRINTABLE JOURNAL WORKSHEET

Coming Home to Yourself

Six Questions for a Cancer Month

Cancer season pulls you inward, and Mercury retrograde in Cancer brings old feelings back to the surface. This is a worksheet for that. Six questions to journal through. Take one a day, or take them all in one quiet hour. There are no right answers, only honest ones, and even the honest ones can change by next week. Begin where you are.

1. What does home mean to you right now?

Not the address. The feeling. What you reach toward when you're tired or scared.

SIT WITH

- What in your current life already feels like home to you, and what part of you knows?
- Is there a version of home you're still grieving, or one you're still waiting to build?
- If home is a feeling, when do you feel it most reliably? Who are you with? What are you doing?
- What's one small thing that would make your actual space feel a little more like yours this week?

2. What old feeling has resurfaced lately?

Cancer season has a way of bringing things back up. Something you thought you'd settled, a tenderness you thought was behind you. Notice it without rushing to fix it.

SIT WITH

- When did this feeling first show up in your life? What was happening then?
- What does the feeling actually need right now? Acknowledgment, comfort, a conversation, a closing chapter?
- Is it asking you to do something differently, or simply asking to be allowed?
- If a younger version of you is the one feeling it, what would she want you to say back?

3. Where have you been bracing instead of resting?

Bracing looks like rest from the outside. You're on the couch, or in bed, or saying no to plans. But the nervous system is on guard, still vigilant, still on duty.

SIT WITH

- Where in your body do you feel the bracing? Jaw, shoulders, low belly, somewhere else?
- What are you bracing against, specifically? A person, a deadline, a memory, an unknown?
- What would let you put it down for an hour without anything bad happening?
- Whose permission are you waiting for to actually rest, and can you give it to yourself?

4. What would emotional honesty ask of you this week?

Honesty with yourself comes first. Then honesty with the one or two people closest to you. You don't have to broadcast it. You just have to stop pretending, mostly to yourself.

SIT WITH

- What are you telling yourself you're fine about that you're not, actually, fine about?
- What's the truth you've been softening so other people don't have to deal with it?
- Who would benefit from one honest sentence from you this week, even a hard one?
- What would change if you stopped pretending to be OK for one afternoon?

5. What's one comfort you keep talking yourself out of?

The bath, the nap, the early night, the slow walk, the show you actually want to watch. Whatever it is you want to do that doesn't feel productive. Notice the voice that says you haven't earned it.

SIT WITH

- What's the comfort, specifically, and how long has it been on your "later" list?
- What story do you tell yourself about why you can't have it yet?
- Whose voice is that, originally? Yours, or someone else's borrowed from a long time ago?
- When could you give it to yourself this week without negotiating? Put it on the calendar.

6. Where are you rushing something that wants more time?

Mercury retrograde will keep showing you this until you notice. A decision you're forcing, a conversation you want over with, a healing you're trying to fast-forward.

SIT WITH

- What are you rushing, and what would actually be at stake if you let it take another week?
- What is the rush protecting you from feeling or facing?
- What does this thing need from you that you've been unwilling to give it?
- What would change if you trusted that the right timing is part of the process, not a delay of it?

A NOTE AS YOU CLOSE

You don't have to answer all of these to have done the work. One honest sentence is enough for one night. Come back to the rest when you're ready.