

END Silence™

REFLECTION PAGE

— Every story matters. So does yours. —

FAITH OVER FEAR

1 PROCESS WHAT CAME UP

What stood out to you today? ♥

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2 NAME IT

What are you carrying right now? ♥

FEAR

SHAME

CONFUSION

DOUBT

SILENCE

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3 REPLACE IT WITH TRUTH

What truth speaks against that? ♥

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.....

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4 FREE SPACE

Doodle. Write. Pray. Reflect. ♥



5 FORWARD MOMENT

What is one step you can take today? ♥

.....

.....

“Search me, O God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.”

— PSALM 139:23–24 —



SPEAK UP.
SPEAK OUT.



TOGETHER...
WE END SILENCE.



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endsilence.net

♥ BUILT BY SURVIVORS. FOR SURVIVORS. ♥

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REFLECTION PAGE

FAITH OVER FEAR

Reflection creates awareness. Awareness leads to truth.
Truth leads to freedom.

WHAT STOOD OUT TO YOU TODAY?

WHAT ARE YOU CARRYING?

Be honest. You're not alone.

WHAT TRUTH SPEAKS AGAINST THAT?

Replace the lies. Stand on truth.

WHAT IS ONE STEP YOU CAN TAKE TODAY?

Small steps. Big change.

FREE SPACE

*Doodle. Write. Pray.
Let your heart speak.*



*"Search me, O God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting."*

— PSALM 139:23-24 —

WHY THIS MATTERS

Silence keeps us stuck. Reflection helps us process,
find freedom, and walk in truth. Your story matters.
Your healing matters. Your voice matters.

TOGETHER... WE END SILENCE.

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**SPEAK UP.
SPEAK OUT.**



**TOGETHER...
WE END SILENCE.**



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