

THE ROSE RECOGNITION

IDENTIFY IF YOU'RE WEATHERING

You're strong, they say. Capable. Someone who handles everything. But what if that performance costs more than you think? This 10-minute reflection can help you recognize 'weathering'—the physical toll of navigating voice-reducing technologies. Finally, you'll know if you're in DISSONANCE—the gap between who you were and who you are.

QUESTIONS:

When was the last time you felt your contribution was truly valued - not just acknowledged, but valued at the same level of energy you poured out?



In what spaces do you feel like you're losing your voice or becoming unrecognizable to yourself?"



WRITE YOUR ANSWERS HERE...

Consider the past 90 days. Give an example of when praise didn't match effort.

Name the environment (work, ministry, family, community).
What mask do you wear there?

THE PHYSICAL REALITY CHECK

Which physical symptom have you ignored? Examples: waking up fatigued after 8 hours of sleep, chest/shoulder strain, numbing behaviors, frequent illness, unexplained weight changes
Write what your body is telling you honestly. No judgment, just acknowledgment.

YOUR BODY REMEMBERS WHAT YOU'VE BEEN TRAINED TO FORGET

The three dimensions you just explored - cognitive dissonance, social fragmentation, physical toll - are signs you're weathering. The good news? Weathered roses can bloom again. Ready for Stages 2-4? Transformation requires witness. Let's walk this path together.

Schedule time with Dr. Jewel.

STAGE 1: RECOGNITION