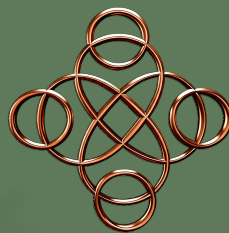


The Vulnerable Work of Remembering



**A Journaling Guide for Women and
Gender-Diverse People Seeking Healing
Through Writing**



Linda Padilla | Founder of Recollections Within

Welcome!

You don't need a perfect story to begin. You just need a quiet moment and a willingness to listen to yourself.



Why I Created This Guide

I made this guide for you because I know how hard it can be to take the first step!

Most of us weren't taught how to speak the truth about our lives—especially the parts that shaped us.

You deserve space to start exploring!

This guide is here to help you *start*. If you've carried stories quietly, or haven't known where to begin, you're in the right place. If you're ready to look back, name what's been lived, and maybe say it out loud—this is for you.

Inside, you'll find prompts to help you write about memory, identity, and truth. There's no right way to do this. You can write, sketch, speak, or just sit with what comes up.

This is your story.
Start wherever you are. *We'll meet you there.*



Six Benefits of Journaling

1. It Helps You Face Reality

Writing gives you space to name what's you've lived, without filters or pretense. You get to tell the truth, even if it's messy. It is a very useful tool in processing trauma.

2. You Can Imagine (and Plan) What Comes Next

Journaling isn't just about the past. It's a way to explore what you want, what you need, your boundaries, and what you're still becoming.

3. It Makes Space For Gratitude

Naming what you are thankful for can shift how you see your story. Gratitude practices have been shown to activate areas of the brain tied to emotional regulation and reward, which can lead to a more resilient and content mindset over time.

4. Journaling Helps You Calm Your Mind

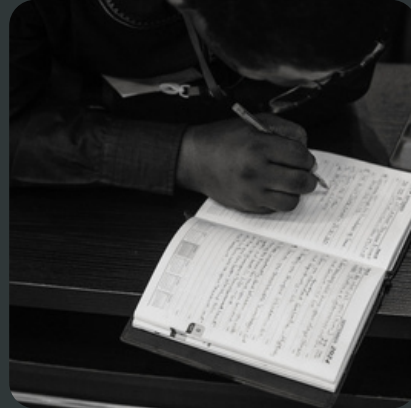
When everything feels loud, journaling can help you sort through the chaos. It can be incredibly helpful in finding clarity.

Six Benefits of Journaling

5. It Sparks New Ideas

Sometimes writing helps you uncover things you didn't know were there. A memory, a question, a possibility.

Inspiration can be found in the smallest things.



6. It Strengthens Your Connection to Memory

Writing helps you remember facts, feelings, patterns, and turning points.

It's a way to honour what has shaped you.

Your Journaling Space: Guidance for Use

The following pages are yours. This space is designed to be a private, non-judgmental place for your memories, your truths, and your discoveries.

A Few Notes on Using This Journal:

Use the prompts as a springboard, not a constraint.
Write. Sketch. Scribble.

Your voice and your experience are the only guides you need.

- **Need More Space?** We have intentionally left the final journal page blank. Feel free to print this blank page as many times as you need to continue your writing, or you can use it for free-form reflection.
- **If you are a Digital User (Typing) - Unrestricted Digital Space:** The form fields are large text boxes designed to expand and scroll. This gives you unlimited space to type your reflections without the constraint of fixed lines.
- **If you are a Print User (Handwriting) - Flexible Print Canvas:** The open white space allows for maximum flexibility if you choose to print and handwrite. Write in a size that's comfortable for you, use it for sketching, or treat it as a blank page for your own flow.

A Moment You Remember

Think of a memory that's stayed with you.

It doesn't have to be big or dramatic, just something that still visits you.

Write about what happened, how it felt, and why it might be relevant now.

What Were You Told (or Expected) to Forget

Think of a part of you or your story that someone tried to erase—or that
you've tried to erase yourself.

It might be something you were told (or silently expected) to hide, deny, or
leave behind.

Write it here. Give it space. Every part of you deserves to exist.

The Roles You've Outgrown

Think about who you've been expected to be.

What labels or roles no longer fit?

Write about what changed and what feels true now.

What You Want but Haven't Said Out Loud

Think about something you want that you haven't named.

It might feel too big, too late, or too much.

Write it anyway.

What You're Taking With You

What did you learn about yourself?

Write about what you want to take from these recollections and bring forward with you into your life.



Want to Keep Going?



You've started something deeply important.

You've remembered, reclaimed, and given voice to what needed space.

If this guide felt like home, there is so much more waiting for you.

Recollections Within is a storytelling sanctuary and membership space for women and gender-diverse people who feel at home in a woman aligned space—who are ready to go deeper.

Inside the community, you'll find guided prompts (sparks), a private community forum sheltered from the burnout of being visible but unseen, and a space to share your art—written, visual, audio, or video.

If you're wondering whether it's the right fit, you're invited to explore our Membership Options.

And if you have questions for me directly, I'd love to hear from you. Just send me an email.

We'll meet you there.

[Membership Options](#)

[Email Questions](#)