

FUCK STAYING SILENT · SOULFUL HORIZONS

The Box

This is yours — you gave me thirty honest minutes,
so here's something back.

SOULFUL
HORIZONS.
The Uprising

Everyone's box has a different label — the good one, the strong one, the one who copes, the one who doesn't take up too much room.

Whatever yours says, the same thing's usually underneath: for years you believed the problem was you. It wasn't. It was the box.

WHY THIS HAPPENS

Nobody's born knowing which bits of themselves are "allowed." You learned that — from what got met with warmth and what got met with silence, criticism, or worse. Kids read that fast, long before they've got words for what they're doing. The parts that got a good reception stayed visible. The rest got folded away and kept quiet.

The box was never a verdict on you. It's a record of what your environment could hold and what it couldn't. That doesn't undo years of practice overnight — but it does change the question. Not "what's wrong with me," but "what did I learn to hide, and does it actually still need hiding?"

Reflection Prompts

1. What's your box made of — expectation, fear, someone else's comfort? Who handed it to you first?

2. List every part of yourself you've had to tuck away over the years. Don't edit it. Include the ones that feel awkward to admit out loud.

3. If grief or anger's showing up while you write this, give it a few lines. It doesn't need managing. Just space.

*The box was never built for you.
You were never built wrong. Stop
apologising for a shape you were
never supposed to fit.*

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*This workbook is a reflective tool, not a replacement for
professional support. If you want to go further, 1:1 coaching is
where the real work happens — and there are four more tools
like this one waiting for you too.*

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