self-growth journey

Shared Humanity Reflection

Remembering moments that reminded you you weren't alone

What moments come to mind when I felt a sense of connection with another person, group, or shared experience?

What was exchanged in those moments—words, presence, understanding, or simply being there together?

How did that sense of connection affect how I experienced myself or the moment?

REFLECTION: What I notice as I sit with this sense of shared experience, without needing to explain it:

Sometimes what carries us isn't strength or clarity,
but the quiet knowing that we're part of something shared.

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