

MY SCARRY STORIES



JOURNAL

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Write Womb Ink

P.O. Box 80092

Chattanooga, TN 37414

Every Scar Tells a Story!

It is a rare person indeed who goes through life with accumulating a few scars here and there. This includes physical, mental, emotional, and spiritual scars. If you have read the book “Scarry Stories – Tales from the Healed Side of Brokenness,” you’ve walked in the shoes of those brave enough to share their Scarry Stories.

This journal is for you to identify the scars in your life and let them tell their stories. You don’t have share your stories (unless you want to), but we encourage you to give them a voice.

In this journal, you will find a “Scarry” question that goes along with each story, space to write your stories, and for those who are more visual, space to draw your stories.

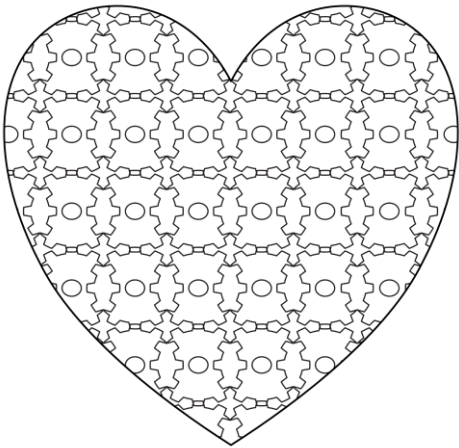
There is no scar too small, nor wound so deep that it can’t find a safe space between these pages to share its journey to healed side of brokenness.

Would you like to connect with other Scarry Storytellers? Join our Facebook group “Our Scarry Stories” at www.facebook.com/groups/ourscarrystories



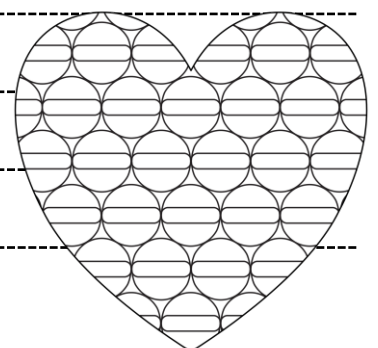
You can purchase the book directly from one of the authors OR on [Amazon.com](https://www.amazon.com).

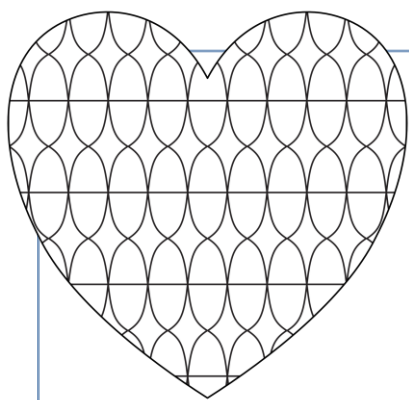
Read "Scar Tissue"
by Kimberly Smith



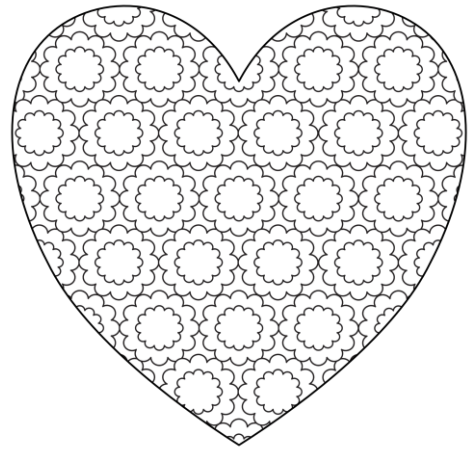
What dreams do you
have for your future
that a past scar may be
hindering?

Handwriting practice lines consisting of multiple sets of three horizontal dashed lines for tracing and writing practice.



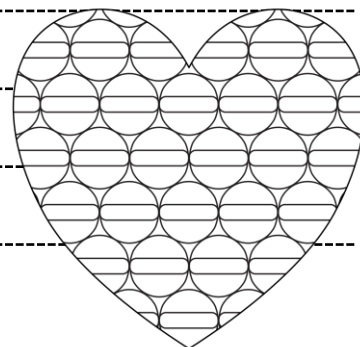


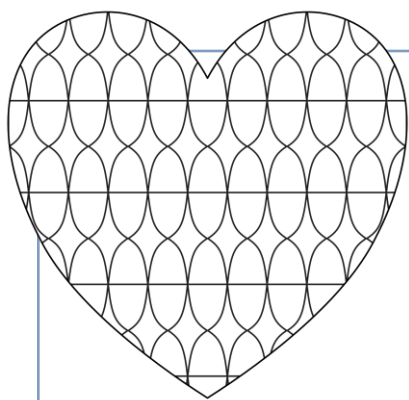
**Read "Why Me Daddy"
by Lisa Crawford**



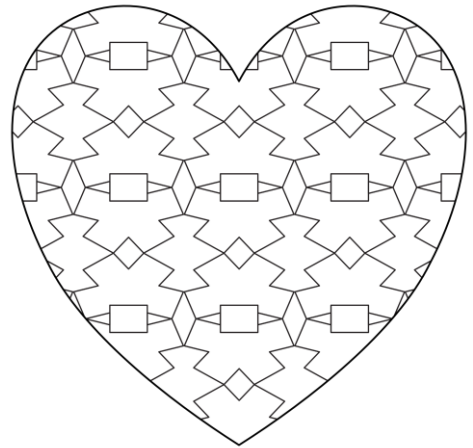
When have you felt
betrayed by someone
you trusted? Have you
forgiven them? Why?

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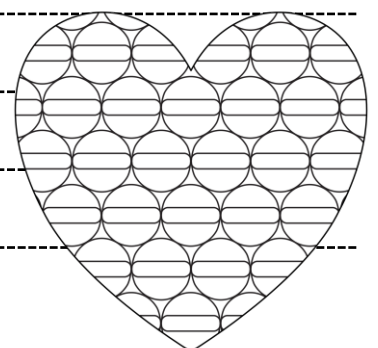


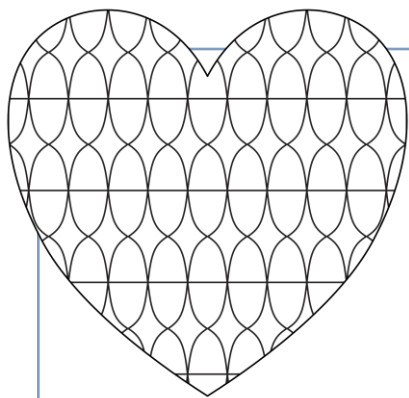
Read "Battling COVID and Winning"
by Colin & Sharifa Louis



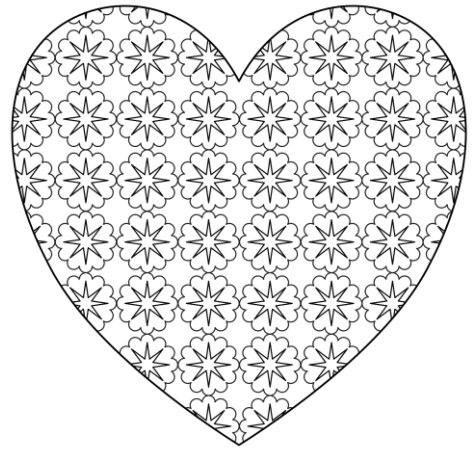
How has COVID-19
impacted your life?
What is your hope
post-COVID-19?

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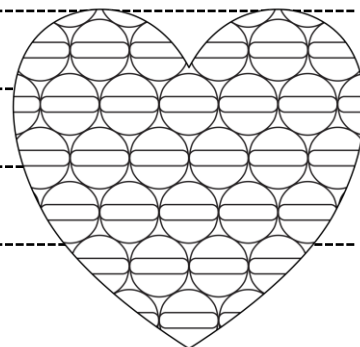


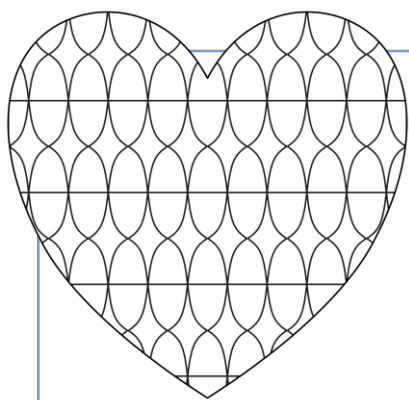
Read "The Longest Darkest Day" by Mikayla Sanders



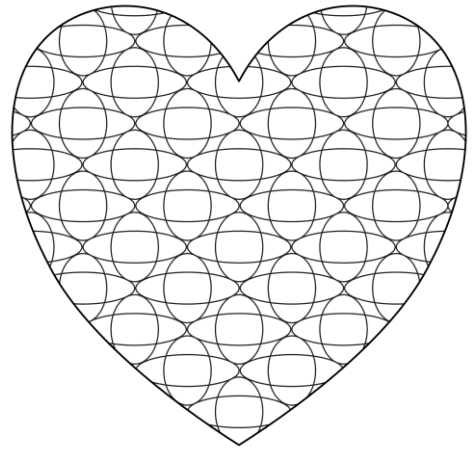
What is your most memorable
scar from your childhood? Do
you still deal with any pain
from it? What can you do to
fully heal?

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Read "I Thought I lost Him"
by Lisa Crawford

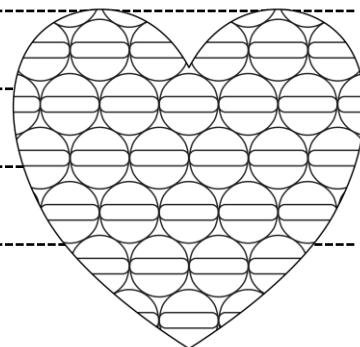


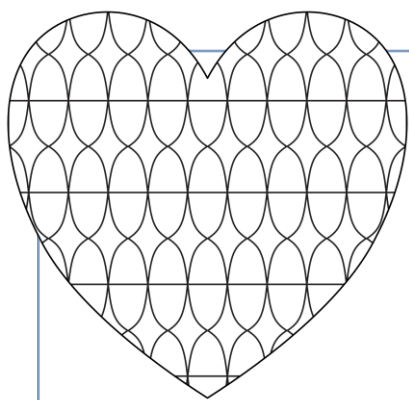
Have you ever been afraid

of losing a loved one?

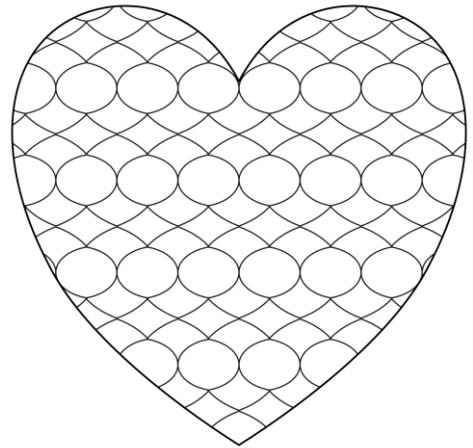
What did you do to gain
peace about the situation?

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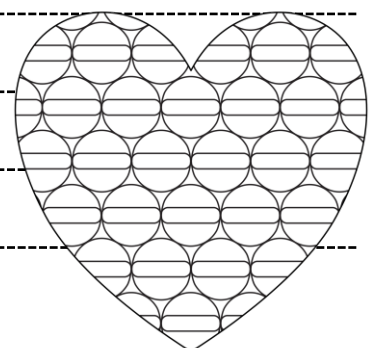


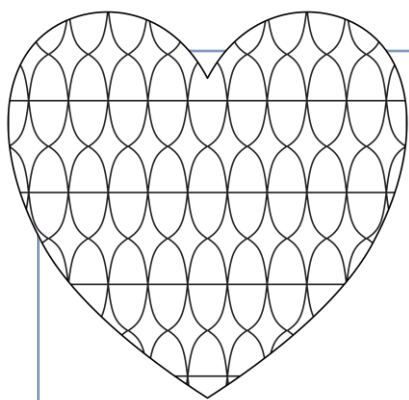
Read "Uncle Kisses"
by Asharoc Hamadou-Anjuwan



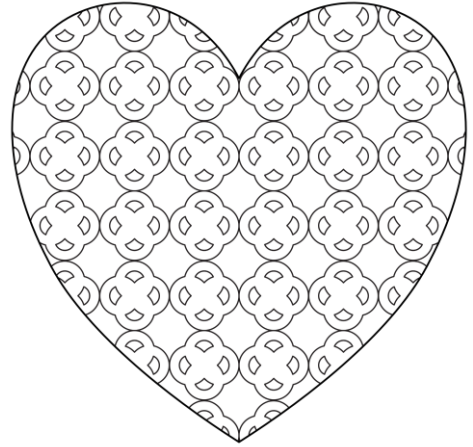
What are your view about
your sexuality? Do you
think it's healthy? Where
do come from?

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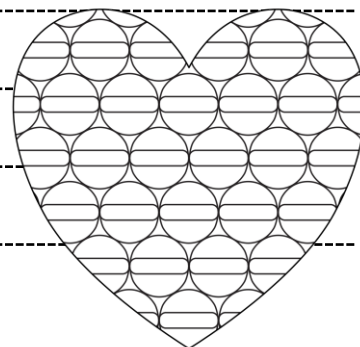


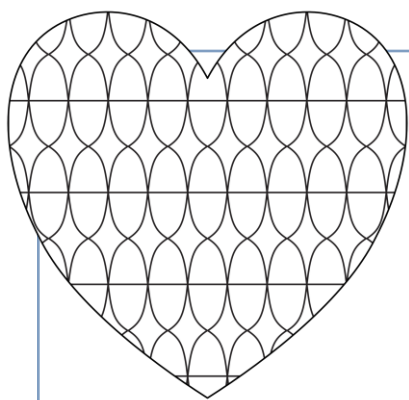
Read "Driving Through the Storms" by Monica Allen



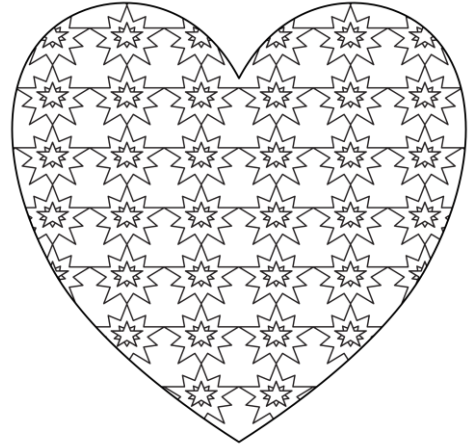
Think about a "pop-up"
storm in your life? How do
you handle it? What would
you have done differently?

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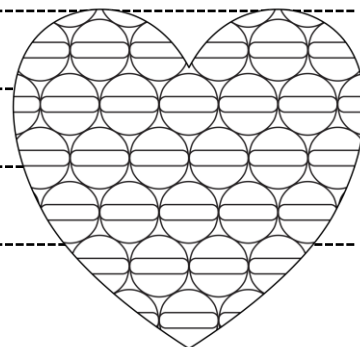


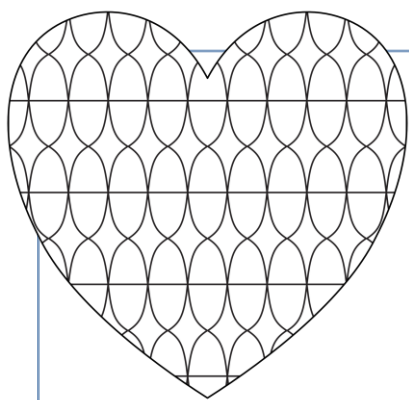
Read "Stuck on Repeat" by Janicqua Moss



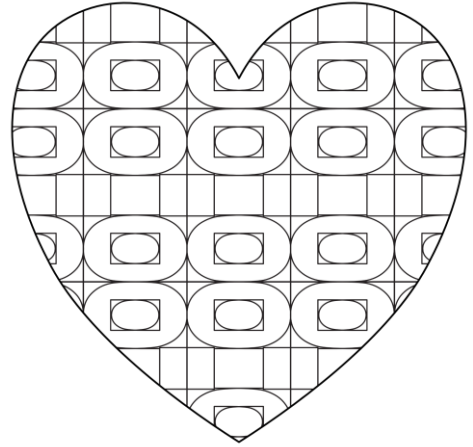
What causes ruts in your
life? How do you get
unstuck?

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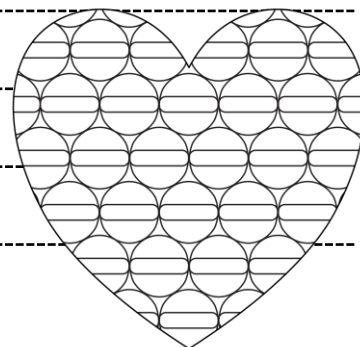


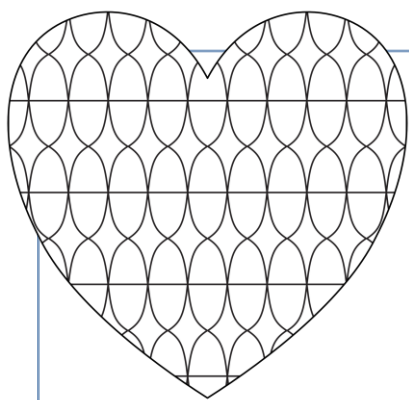
Read "Born Fighter" by Nikki Nicholson



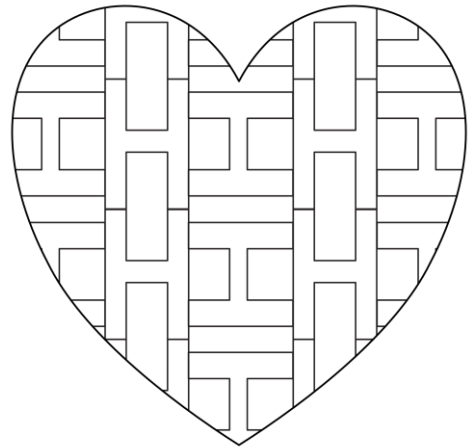
Have you ever fought a battle
that was not yours? What was
the outcome? How can
recognize when battles are
not yours to fight?

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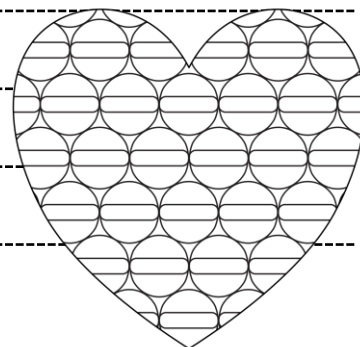


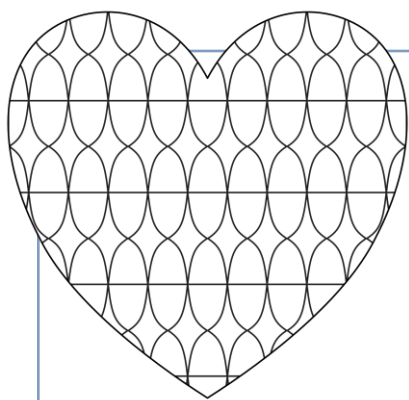
Read "I Don't Backtrack"
by Sophie Cheyenne Ramirez



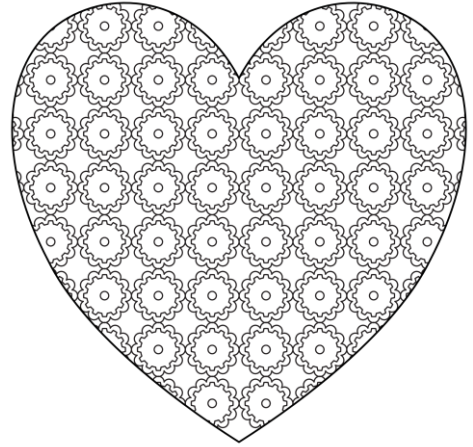
How do ensure your doors
remain closed to
unhealthy past
relationships?

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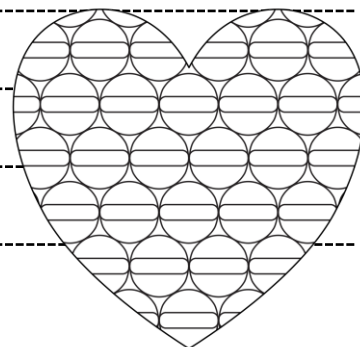


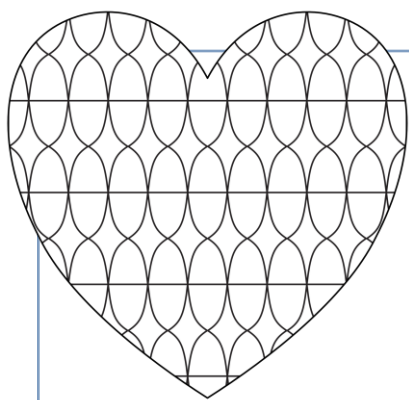
Read "From the Couch to the College"
by Cheryl A. M^cCullough



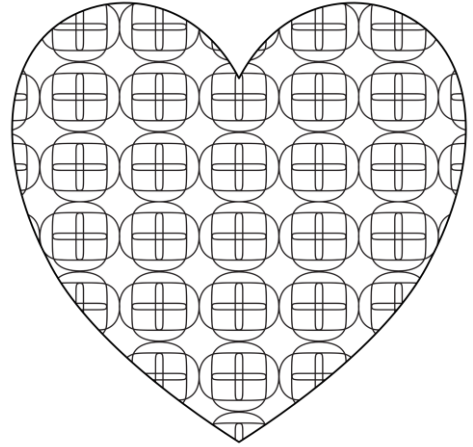
Has embarrassment ever
made you want to "hide-
out" from life? How did
you overcome it? What did
you learn from it?

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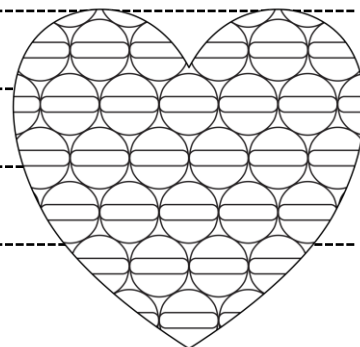


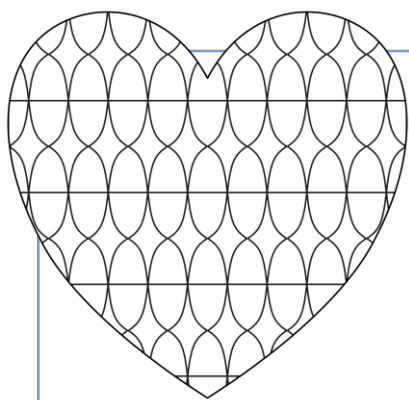
Read "Black Legs" by Camm Ashford



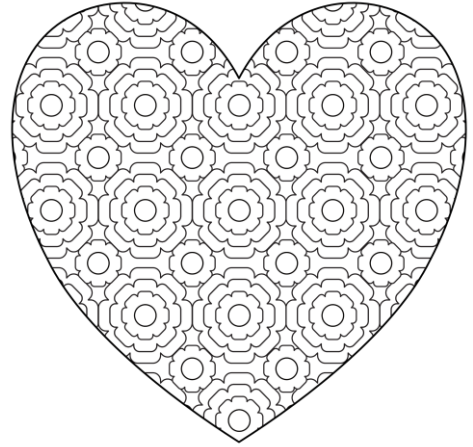
How has a past or current
political/racial atmosphere
impacted you? How did/can
you protect your mental
health during that time?

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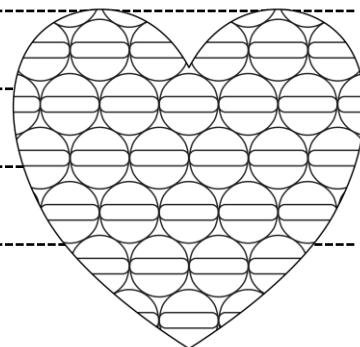


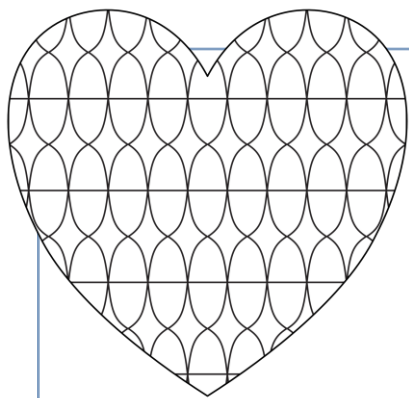
Read "ABC of D'Knee"
by Laura Brown



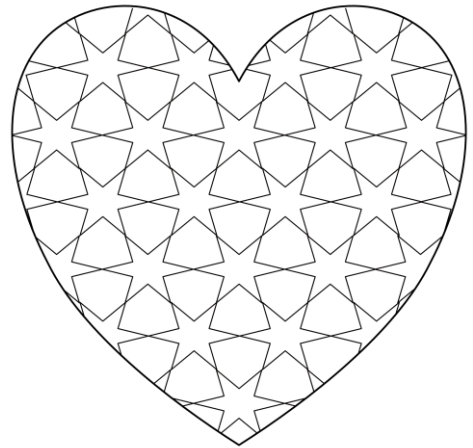
What type of situations
"take your breath away?"
What can you do to make
sure you can breathe
despite the pressure?

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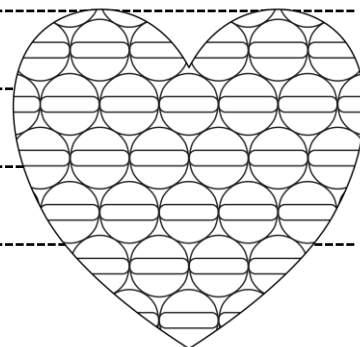


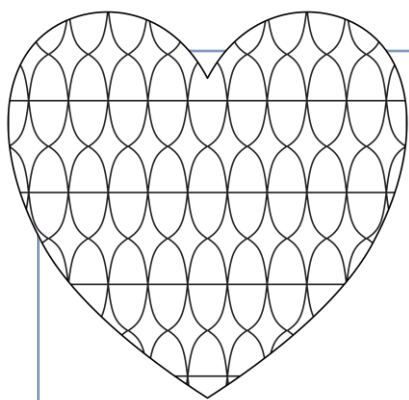
Read "We Are Not Broken Anymore" by Violet



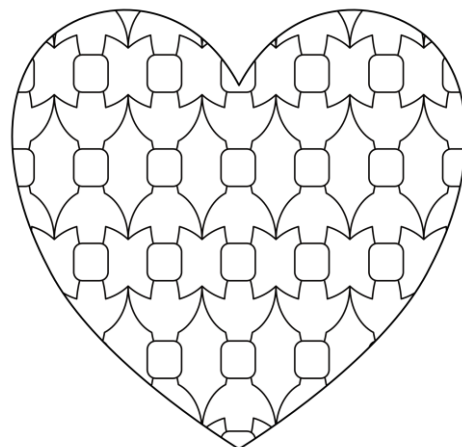
What are some of your
broken places? Do you
leak darkness (anger, grief,
bitterness, etc.) or light
(joy, peace, forgiveness,
etc.)?

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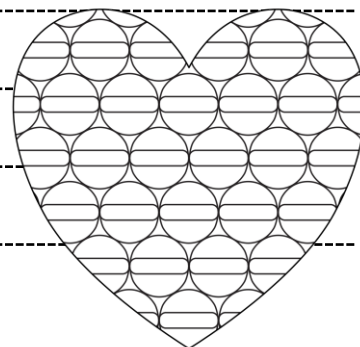


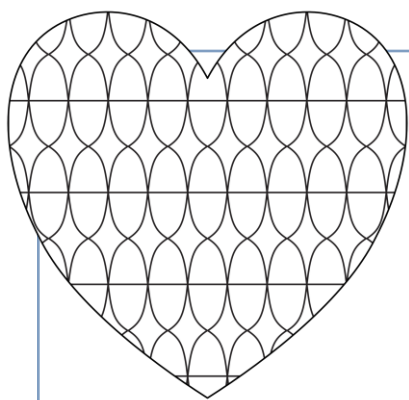
Read "The Decision"
by Cheryl A. McCullough



What decisions have you made
that made a direct impact on
someone else? Would you
make the same decision again?
Why? How have decisions
made by other impacted you?

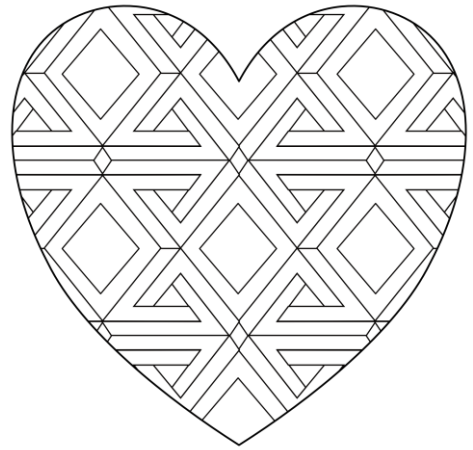
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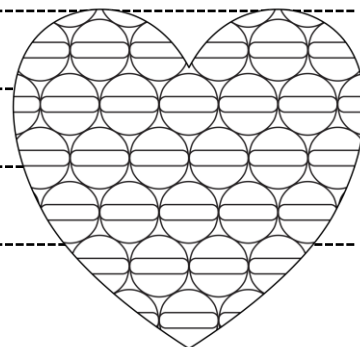
Read "Needles, Needles, and More Needles"

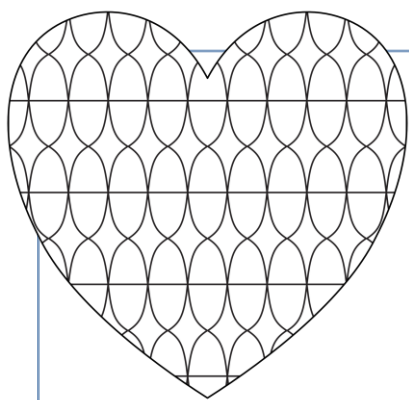
by Emily Blackmon



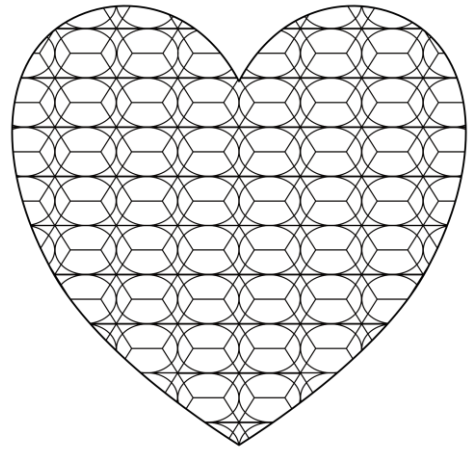
What health issues (yours or
someone else's) have
you/would you been/be afraid
to face? Why?

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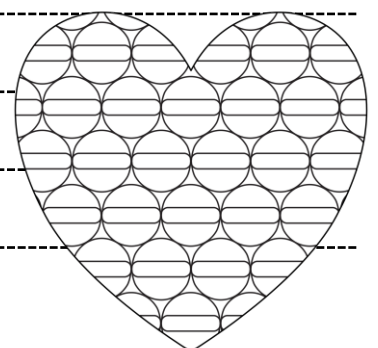


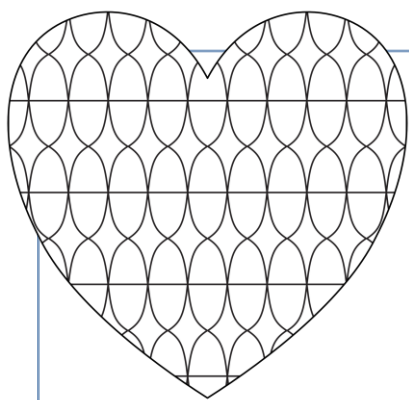
Read "My Story is Not Over"
by Donna Green



Who has hurt you with their
words? What scar did it leave?
How did you heal? Who have
you hurt with your words?
Were you a part of their
healing process?

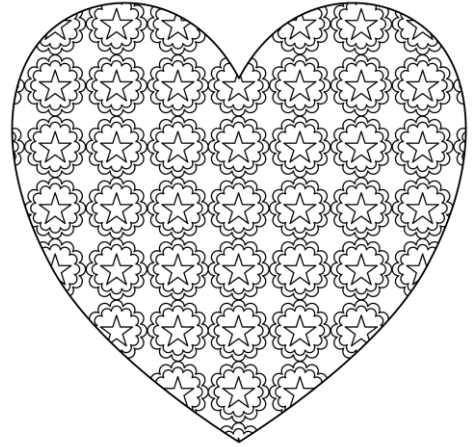
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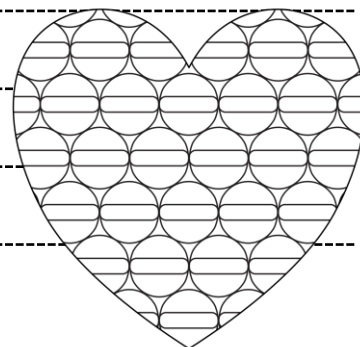
Read "Repair"

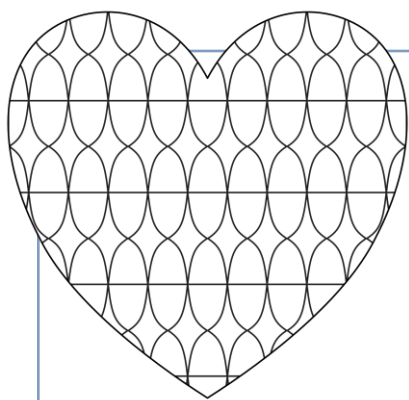
by Kimberly Smith



What has been the most
painful loss in your life? How
has it changed you?

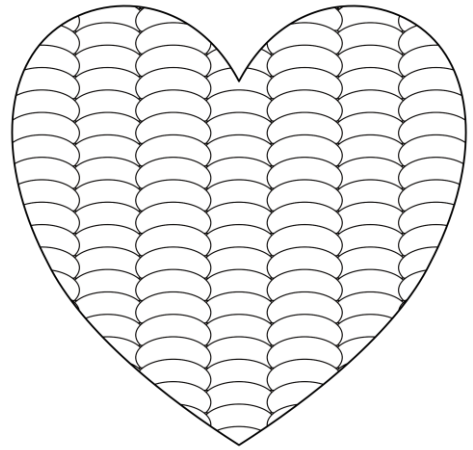
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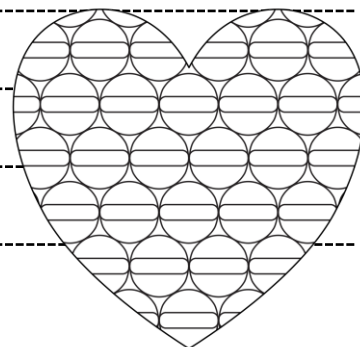
Read "Screwball"

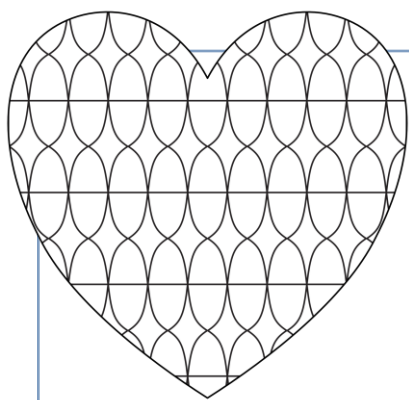
by Laura Brown



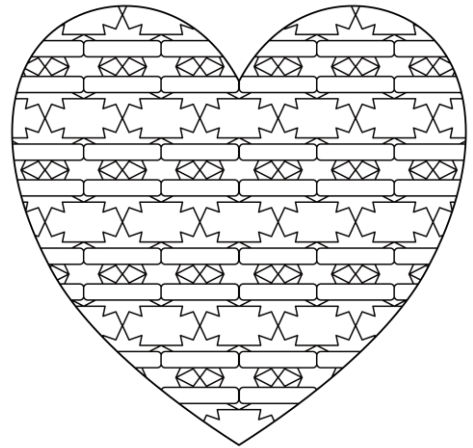
What is the messiest thing in
your life right now? What is the
"screwball" in this mess?

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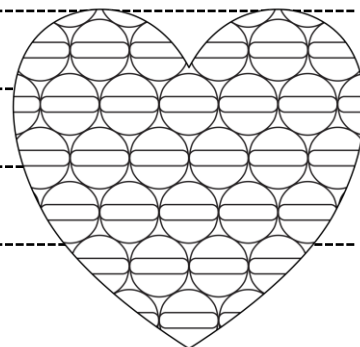


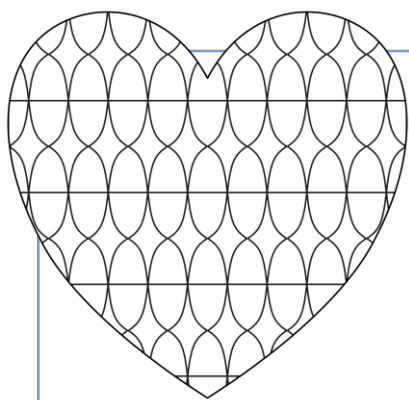
Read "Healed" by Shymayne



What areas of your life are
sticking band-aids on (denial,
avoidance, blaming others,
etc.) versus dealing with
healing process?

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