

# 12. THE APOLOGY YOU DESERVED

**Prompt:** Write the apology you needed to hear in the voice of the person who never gave it.

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*“I’m sorry I was so easily manipulated into  
the belief that I had to conform...I’m  
sorry, I didn’t love you the way you  
needed me to...”*

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 **Your Turn:**

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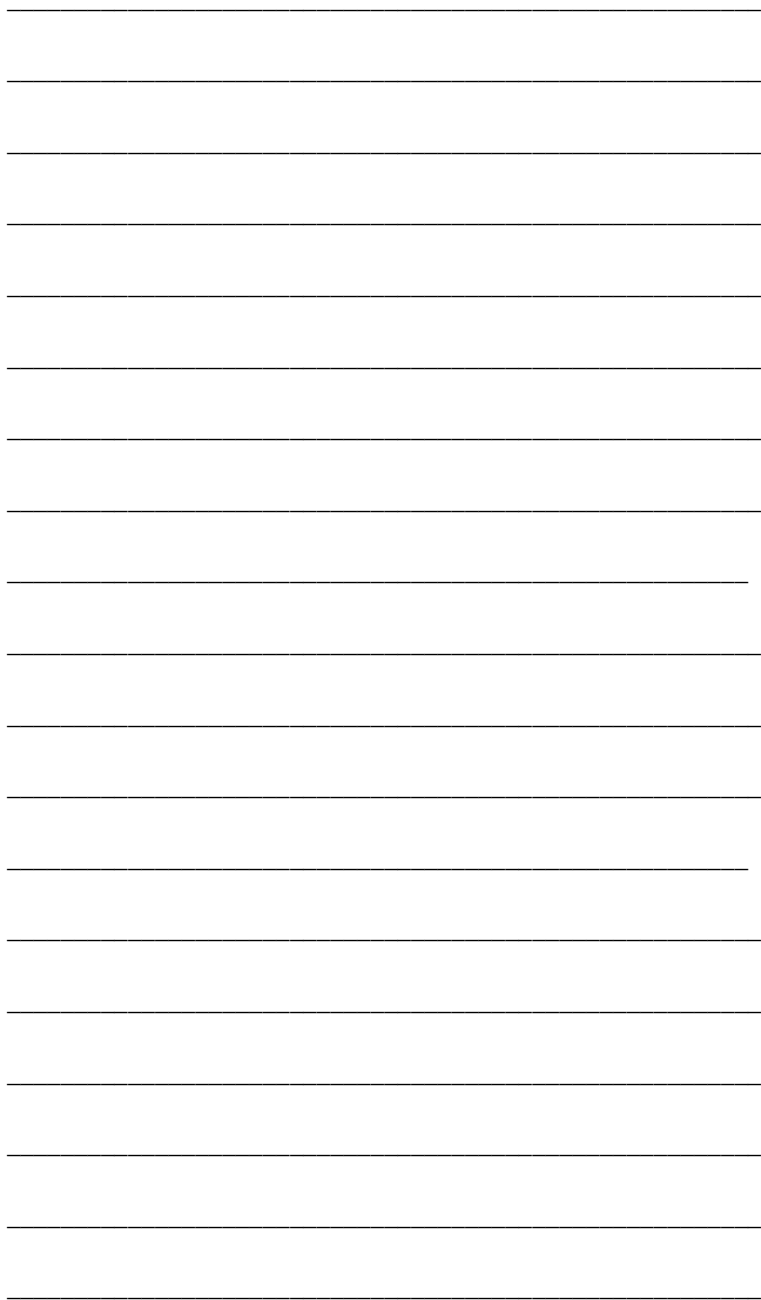
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## 13. GHOST OF ME

**Prompt:** Describe a version of yourself that you've lost along the way.

- Who was that person?
- What did they believe in, fear, or dream about?

Do you miss them—or are you relieved they're gone?  
Explore how that loss shaped who you are today.  
Did it leave you stronger... or more hollow?

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*"I buried her with grace, but some nights I  
dig her up just to feel something familiar."*

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 **Your Turn:**

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# 14. PHANTOM EMOTION SYNDROME

**Prompt:** Have you ever felt something deeply... even though the cause is long gone?

Write about an emotion that lingers even after the person, place, or experience has disappeared.

Is it love? Guilt? Anger?

Is the emotion tied to memory, or does it haunt without reason?

Do you welcome it, or do you wish you could amputate the feeling completely?

This is your space to explore the emotional echoes that persist, even when their source is no longer a part of your life.

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*“I know they’ve left me, but the senses of  
pain, loss, and even joy still haunt me.”*

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 **Your Turn:**

