**🌑 Current Struggles vs. 🌅 Deep Desires**

1. **Exhaustion** → 🌅 Wanting to wake up energized and rested.
2. **Emotional dysregulation** (swinging between numb/overwhelmed) → 🌅 Longing for steady calm and resilience.
3. **PTSD symptoms** (flashbacks, nightmares, hypervigilance) → 🌅 Desire to feel safe in their own body and present in daily life.
4. **Feeling “too much” for others** → 🌅 Wishing to be fully accepted and loved just as they are.
5. **Anxiety in the body** (racing heart, shallow breath) → 🌅 Wanting grounded nervous system regulation and ease.
6. **Overthinking** (can’t shut brain off) → 🌅 Desire for peace of mind and the ability to be present.
7. **Disconnection from body** → 🌅 Craving embodiment, freedom of movement, and ease in their skin.
8. **Isolation** (feeling alone even around others) → 🌅 Longing for authentic, safe community and belonging.
9. **Loss of joy/play** → 🌅 Desire to laugh, feel lighthearted, and reconnect with their inner child.
10. **Trouble asking for help** → 🌅 Wanting to feel supported and safe to lean on others.
11. **Over-identifying with work/role** → 🌅 Desire to rediscover *who they are* outside of duty.
12. **Burnout** (always doing, never resting) → 🌅 Wanting balance, rest, and sustainable energy.
13. **Unresolved grief** → 🌅 Desire to process, honor, and find healing in loss.
14. **Relationship strain** → 🌅 Longing for deeper intimacy, connection, and harmony.
15. **Difficulty trusting others** → 🌅 Wanting to feel safe to open up and build genuine bonds.
16. **Physical tension** (jaw, shoulders, headaches, gut issues) → 🌅 Desire for release, relaxation, and body comfort.
17. **Perfectionism** → 🌅 Longing to let go, feel “enough,” and embrace imperfection.
18. **Fear of slowing down** → 🌅 Wanting rest, stillness, and permission to pause without guilt.
19. **Loss of identity in transition** (retirement, divorce, parenting shifts) → 🌅 Desire to rediscover purpose and self.
20. **Longing for belonging** → 🌅 Wanting to feel at home in themselves and in community.