

THIS WEEK'S THEME // Identifying and Cataloguing Our Pain

REFLECT:

This week's Janie's Daughters theme is Identifying and Cataloguing Our Pain. Studies show that women of color experience higher levels of stress, stress related illnesses, and suicide than other populations. What does that mean in real terms? It means that whether it's physical pain (as in Zora's case) or emotional pain (fear, discouragement, dread, or doubt), I know you've probably got some!

This week's "homework" assignment will challenge you to identify the pain points in your life, where they're coming from, and what you can do to get rid of them.

TAKE ACTION:

Zora reflected this week on her journey of keeping a pain journal. She calls her journal the place she hides her pain... the place she can peek into to remember the battles she's won.

Your mission this week is to create a pain journal of your own. Doing so is simple:

1. Choose a notepad or journal to use consistently over the course of the week.
2. Every time you notice inner discomfort or pain, catalogue it using the following three questions: What is this pain a response to? How does my body feel right now? (Ex. Nauseous, sweaty hands, headache, etc.) How severe is my response?
3. At the end of the week, flip through your pain journal and make note of any patterns. Specifically:
 - What type of pain do you have most often?
 - When considering the situations that cause you pain, what do they have in common?

DISCUSS

Share your real or imaginary Fierce Conversation with the rest of us. Who do you need to talk to? What about? Even if you're not ready to have the conversation just yet, go ahead and walk through this exercise as if you are planning to call that person tomorrow. Post a Facebook status in the [Janie's Daughters private FB Group](#) so that we can provide you with feedback and support. Then, discuss your reflections with your accountability partner!