

What You're Really Hungry For

Reflection Guide — Module 2: *The Woman Who Wants*

She was here before the roles. Before the responsibilities. Before you learned to make yourself useful and keep the peace and want the *right* things. She's the part of you that knows — not with your mind but with your body. She shows up in the things that captivate you, the conversations that leave you feeling more alive, the moments when something moves through you and you think — yes, that. That is mine.

She never left. She's been waiting for you to remember her.



Your central reflection question:

Where do you remember feeling her most — the woman who was here first?

If you need a doorway in:

- When did you last feel genuinely, unexpectedly alive — even briefly? What were you doing?
- What are the things you return to again and again — ideas, places, experiences, ways of being — that feel like they belong specifically to you?
- Is there something you've always wanted to do, learn, or claim that you've been telling yourself is too late, too much, or not practical enough? What is it?



Don't edit what comes. Don't make it reasonable. Just let her speak.