

Healing Within – A Gentle Reminder You're Going to Be Okay

You don't have to rush the _____
You don't have to hide the rain

Every tear you try to hold
Is a story being _____

You've been strong for far too long
Carrying what wasn't yours
But even mountains slowly change
And open hidden _____

It's not breaking
It's awakening
Every part you kept inside

Healing within
It's already beginning
Healing within
You're slowly forgiving

Nothing to fix
Nothing to _____
The light was always
_____ in you

Healing within

Some nights feel _____ than stone
Like you're _____ all alone
But even in the quiet dark
There's a steady, beating heart

You are not behind in time

You are learning how to shine
Growth is silent, slow, and _____
And it's happening _____ you

It's not _____
It's releasing
Every layer you _____

[Refrain]

Let the _____ fall down
Let the armor rest
You don't have to be perfect
To be _____

Let the _____ flow free
Let the _____ speak
There is _____
Inside your _____

[Refrain]

Nothing is _____
Nothing was _____
You were healing
All _____

Healing within
Healing within
Healing within

You are _____
You are _____
Healing within

Vocabulary

- ✚ all along
- ✚ behind in time
- ✚ to flow free)
- ✚ to grow out of (*you outgrew*)
- ✚ healing within
- ✚ to hold (something) inside
- ✚ to let the armor rest
- ✚ nothing is wasted
- ✚ nothing to fear
- ✚ nothing to fix
- ✚ nothing to prove
- ✚ right here
- ✚ to rush (something) — торопить (в данном контексте: *rush the pain*)
- ✚ safe and sound / you are safe — ты в безопасности
- ✚ steady, beating heart — ровно бьющееся сердце

Multiple Choice Test

1. You don't have to _____ events.
a) push
b) rush
c) move
d) break
2. She held her emotions _____ for years.
a) within of her
b) inside
c) under
d) down
3. Let your tears _____.
a) flow free
b) flow freely
c) move free
d) run open
4. He finally _____ his childhood fears.
a) grew from
b) grew over
c) grew out of
d) grew away
5. Sometimes I feel _____ in time compared to others my age.
a) back
b) behind
c) late
d) slow
6. I'm with you _____, you're not alone.
a) exactly here
b) right here
c) near here
d) just there
e) all variants are possible
7. I knew you were capable _____.
a) whole time
b) from beginning
c) all along
d) through time
e) all variants are possible

8. It's okay to _____ and stop pretending to be strong.

- a) rest your armor
- b) let the armor rest
- c) drop armor down
- d) make armor sleep

9. I have _____, I don't need to impress anyone.

- a) nothing to fix
- b) nothing to prove
- c) nothing to fear
- d) nothing to fight

10. There's _____, you have already done enough.

- a) nothing to repair
- b) nothing to change
- c) nothing to fix
- d) nothing to solve
- e) all variants are possible

11. In this moment, there's _____. Everything is safe.

- a) nothing to fear
- b) nothing to lose
- c) nothing to hide
- d) nothing to miss

12. Even your mistakes matter, _____.

- a) nothing is wrong
- b) nothing is wasted
- c) nothing is broken
- d) nothing is over

13. In the silence, I could hear my _____.

- a) deep heart
- b) beating soul
- c) steady, beating heart
- d) silent chest

14. Don't worry, you are _____.

- a) safe and sound
- b) calm and safe
- c) sound and safe
- d) safe and calm

15. Real change starts with _____.

- a) inner fixing
- b) healing within
- c) inside repair
- d) internal solving

Below there are short situations.

Your task is to match each situation with one expression from the list

1. After a breakup, your friend tries to distract themselves immediately in a hurry, pretending they are fine and refusing to feel sad.

2. Someone smiles in public but never talks about their struggles, even with close friends.

3. During a funeral, a person finally allows themselves to cry without trying to stay strong.

4. You look back at your teenage insecurities and realize they don't affect you anymore.

5. A 50-year-old compares their life to others on social media and feels like they are not trendy.
6. A child is scared during a thunderstorm, and a parent kneels down, looks into their eyes, and speaks softly at the moment of the situation.
7. You suddenly understand that someone loved you and supported you all the time, even when you doubted them.
8. A person who has always acted tough and independent finally opens up and shows vulnerability.
9. An employee stops overworking and trying to impress everyone after realizing their value isn't based on productivity.
10. A friend feels insecure about their personality, but you remind them they don't need to change who they are.
11. Someone is anxious about a new beginning, but deep down there is no real danger.
12. A person regrets past mistakes, but later understands those experiences shaped their growth.
13. In a quiet moment of meditation, you focus on your breathing and feel calm and alive.
14. After getting lost in the forest, you finally arrive home without harm.
15. Someone expects recovery to be dramatic and visible, but in reality, change is happening quietly inside them.