



Reflection:

Rebuilding the human in our systems



From the podcast:

The Human Story

S2 E4 - 27/11/2025

Rebuilding the Human in Our Systems with
Kalnisha Singh

[Listen Online ►](#)

1. Opening Reflection: What Does It Mean to Be Human Right Now?

“It’s one grand contemplation... we are all the same, yet spectacularly unique.”

Take a moment to pause.

- Where do you feel most connected to others?
- Where do you feel most disconnected—from yourself or from others?

 Write your thoughts:



2. Seeing the System Clearly

“We’ve designed systems that dehumanize the human experience.”

Reflect on the environments you move through (work, family, community):

- Where are you being asked to “fit in” rather than belong?
- What hidden barriers do you notice in your environment?

 Your reflection:

3. What are you carrying that isn’t yours?

“Guilt comes from believing others need you to be different.”

- Where do you feel guilt for choosing yourself?
- Whose expectations are shaping your decisions?

 Your reflection:

4. Naming the Truth (Breaking the Illusion)

“Everyone in the room only feels 30% confident—but no one admits it.”

- Where are you pretending to “have it all together”?
- What might change if you allowed yourself to be more honest and vulnerable?
- What’s one truth you’ve been avoiding?

 Your reflection:

5. The Power of Community

“We’ve forgotten what it means to live in community.”

- Who is your community right now?
- Do you allow yourself to give and receive support?
- What’s one small way you can reconnect to community this week?

 Your reflection:



6. Breath, Agency & Control

“If you can control your breath, you can control your response.”

Take 1 minute now:

- Inhale slowly through your nose for 4 seconds
- Hold for 2 seconds
- Exhale for 6 seconds

Repeat 3 times.

Now reflect:

- What shifted in your body?
- Where in your life do you feel out of control?
- What is actually within your control right now?

 Your reflection:

Takeaway for the Week

One small action I will take to “rebuild the human” in my life is:

Continue the Journey.

The Human Story is a space for honest conversations about being human exploring psychology, spirituality, relationships, healing, and growth.

Listen on Spotify, Apple Podcasts, or explore more episodes and resources at [Yoked.co.za](https://yoked.co.za).

[Continue on our website ►](#)

[View on Apple Podcasts !\[\]\(84f47badaad7772cd95667a7c387a639_img.jpg\)](#)

[View on Spotify !\[\]\(28f72b996fc97883dfd9d4e8b1b16b4e_img.jpg\)](#)

