



Reflection:

Remembering & Returning



**The
Human Story**

From the podcast:

The Human Story

S2 E6 - 12/02/2026

Remembering & Returning- What It Meant To Be Human

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A Moment Before You Begin.

Pause.

Take a slow breath in... and out.

This is not about fixing anything.

This is about **remembering what it means to be human.**

Let's continue on the next page.



1. Presence: Am I Here, or Just Moving Through?

In a world of noise, distraction, and performance... presence becomes rare.

- Where in my life do I feel most **present** right now?
- Where am I distracted, numbing, or avoiding what I feel?
- When last did I sit in silence... without reaching for my phone or a distraction?
- What might I be afraid to feel if I slowed down?

 **Reflect:**

2. What Really Matters: Lessons from the End of Life

When life is stripped down to its essence... what remains is often simple and profound.

- If I had to name what truly matters in my life, what would it be?
- Am I living in alignment with that... or drifting away from it?
- Are there things left unsaid — words of love, forgiveness, or honesty?
- If today were uncertain, what would I regret not giving more attention to?

 **Reflect:**

3. Connection: Seeing Myself in Others

We are not meant to do life alone. Our humanity is revealed in how we show up with others.

- Where in my life do I feel **truly seen and known**?
- Where do I hold back parts of myself?
- How do I respond to others' pain — do I lean in, or look away?
- Who in my life might need me to simply say: "I see you"?

 **Reflect:**



4. Returning: Choosing to Be Human Again

Returning is not a concept — it's a practice.

- What would it look like for me to **slow down and be more present** this week?
- Where can I choose **kindness instead of control**, especially in moments of tension?
- How can I show up more fully in my role as a parent, partner, or friend?
- What is one small, intentional step I can take to reconnect with myself... and others?

 **Reflect:**

Closing Thought

“To be human is not to perform...
it is to be present, to feel, and to belong.”

A Gentle Reminder

You don't need to have it all figured out.

To pause...

To feel...

To stay...

That is enough.

Continue the Journey.

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

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