

The Spiritually-Conflicted Seeker

You learned to question everything because you were searching for something real. Today, you're learning that faith and truth can finally feel like home.



1. REMEMBER THIS

You weren't difficult.
You were discerning.
You were trying to make sense of confusing messages and mixed truths.
Your nervous system did exactly what it was designed to do.
It adapted.
It kept searching.
It helped you survive.
And while the search may have left you feeling uncertain, it also brought you to the truth you're ready to live.

I'm really glad you're here.



2. DOES THIS FEEL FAMILIAR?

- You question everything—even things others take for granted.
- You feel torn between what you were taught and what you now believe.
- You struggle with guilt when choosing what feels true for you.
- You crave a faith that feels real, not forced.
- You overanalyze spiritual decisions.
- You feel alone in your beliefs.
- You long for a place where you belong.
- You're exhausted from trying to figure it all out.

If several of these resonate, you're recognizing a pattern—not a flaw.



3. THE BEAUTIFUL THINGS THIS PATTERN GAVE YOU

- You think deeply and seek truth.
- You have empathy for others who struggle.
- You're open-minded and willing to grow.
- You can see nuance and multiple perspectives.
- You value authenticity and integrity.
- You have a strong inner compass.
- You're resilient and courageous.
- You're healing generations by choosing your own path.

These strengths don't need to disappear. They simply deserve to be anchored in truth, not confusion.



4. THE COST OF STAYING IN SURVIVAL

- Spiritual confusion can keep you stuck in cycles.
- Guilt can keep you silent.
- People-pleasing can override your convictions.
- You may feel disconnected from your intuition.
- You delay living the life you were created for.
- You stay in environments that don't honor your growth.
- Exhaustion from constantly searching for answers.
- You forget that peace is a sign you're on the right path.

*You weren't meant to live in constant conflict.
You were meant to live in alignment.*



5. WHAT HEALING BEGINS TO FEEL LIKE

Healing begins quietly. One ordinary moment at a time.

- Trusting your intuition and your relationship with God.
- Releasing guilt for choosing what's right for you.
- Saying yes to what aligns with your values.
- Surrounding yourself with safe, supportive people.
- Feeling spiritually at home in your own skin.
- Resting in grace instead of trying to earn worth.
- Living with clarity, purpose, and peace.
- Creating space for both faith and questions.

*Little by little... confusion becomes clarity,
and searching becomes knowing.*



6. CONTINUE YOUR HEALING JOURNEY

"Healing isn't about becoming someone new. It's about remembering who you've always been."



READ THE COMPLETE ARTICLE
Dive deeper into your pattern and discover practical insights to support your healing.



LISTEN TO THE PODCAST EPISODE
Hear how this pattern shows up in real life and ways to begin healing.



READ THE BOOK
The Sacred Work of Remembering
A memoir-based healing journey for the woman coming home to herself.



JOIN ROOTED
The Self-Trust Circle Community
A safe space to heal, connect, and grow with women who truly understand.



MARY MAJORS
Healing After Heartbreak

You don't have a bad picker.
You have a pattern.
And patterns can be healed.



*Remember this.
You are not behind.
You are not broken.
You are becoming.*

WELCOME HOME.

