



JOURNALING PAGES

Love Heals the World video by Dr. Michael Obsatz – February 2026 ¹

Survival, Not Failure

Reflection

Many of the ways we learned to cope in life were acts of survival, not signs of weakness.

Journal Prompts

- As a child or young adult, what did I need most that I did not always receive?
- What strategies helped me get through difficult or unsafe moments?
- Which of those strategies once protected me, even if they are limiting now?

Write Freely Below:

Gentle Reminder: Nothing you did to survive was wrong.

The Story of “Not Enough”

Reflection

The belief that we are “not enough” is learned—it is not the truth of who we are.

Journal Prompts

- When did I first learn the message that I was not enough?
- How has this belief shaped my work, relationships, or sense of self?
- What has it cost me to keep believing this story?

¹ Love Heals the World 2022 video by Dr. Michael Obsatz –
on YouTube: <https://youtu.be/T2WEYzn14-Q?si=xrkTLOLLyi4km42Q>
Using ChatGPT to create *Journaling Pages* for the *Love Heals the World* video transcript.

Write Freely Below:

Optional Reflection: What might change if “enough” were already true?

Scarcity and Control

Reflection

Scarcity is often an emotional experience before it becomes a way of living.

Journal Prompts

- Where do I notice fear of scarcity in my life (time, love, money, approval, control)?
- How do I react when I feel threatened or powerless?
- In what ways might control be a response to old helplessness?

Write Freely Below:

Knowing I Am Loved

Reflection

Healing begins when love becomes an inside job, not something we earn or prove.

Journal Prompts

- When have I felt deeply accepted or valued without conditions?
- What does spiritual connection mean to me right now?
- What helps me remember that I am loved when I forget?

Write Freely Below:

Optional: Name God, Spirit, Love, or Presence in whatever way feels true for you.

Masculinity and Tenderness

Reflection

Strength and tenderness are not opposites—they belong together.

Journal Prompts

- What messages did I receive about what it means to be a man or woman?
- Where have those messages helped me? Where have they limited me?
- What would a healthier, more compassionate masculinity and femininity look like for me?

Write Freely Below:

Love as a Practice

Reflection

Love is not a feeling we wait for—it is something we practice daily.

Journal Prompts

- How do I currently express love toward myself?
- Where am I being invited to listen more deeply instead of fixing?
- What small act of love feels possible right now?

Write Freely Below:

From Isolation to Oneness

Reflection

Oneness does not erase difference—it restores humanity.

Journal Prompts

- When have I felt a sense of deep belonging?
- What barriers keep me separated from others?
- What helps me see the “divinity in diversity”?

Write Freely Below:

Integration: Carrying This Forward

Reflection

Healing is not about finishing—it is about continuing.

Journal Prompts

- What insight from this journey feels most alive right now?
- What do I want to release?
- What do I want to practice more intentionally?

Write Freely Below:

 **Closing Line (Optional to Read or Write)**

May I know love.

May I be love.

May I share love.