



Life is full of both/and. You are allowed to hold more than one truth at a time.

# TWO THINGS *Can Be True*

## EVEN WHEN THEY DON'T SEEM CAPABLE



We often put pressure on ourselves to choose one feeling, one truth, one side. But life is rarely either/or. Learning to hold space for two truths at once brings more self-compassion, less guilt, and deeper peace.

### *What This Means*

Two things can be true even if they seem to contradict each other.

You can feel gratitude and grief. Love and frustration. Joy and fear. Light and heavy.

You don't have to choose one. You get to hold the whole truth.

### *Explore Your Two Truths*

Write pairs of truths that feel true for you—even if they seem impossible to hold together.

- 1 \_\_\_\_\_ AND \_\_\_\_\_
- 2 \_\_\_\_\_ AND \_\_\_\_\_
- 3 \_\_\_\_\_ AND \_\_\_\_\_
- 4 \_\_\_\_\_ AND \_\_\_\_\_
- 5 \_\_\_\_\_ AND \_\_\_\_\_

### *Let's Reflect* Choose one pair from above and explore it more deeply.



Why is each truth important? What does it mean to you?

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What makes it hard to hold these two truths together?

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What would it look like to give yourself permission to hold both?

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### *A Note From Shoshana*

We're not meant to edit our reality to fit into neat little boxes. Healing happens when we allow the full truth of our experience—both the beautiful and the hard—to exist side by side. Let yourself be human. Let yourself hold it all.

### *Try This This Week*

Notice a moment when two opposing feelings arise. Pause. Take a breath. Say to yourself:

*"Two things can be true."*

Write what you notice:

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