

Welcome to the Jungle

Cover Page

Title: Welcome to the Jungle

Subtitle: Finding your way in a confusing world

Introduction (Jaryd's voice):

This workbook is not a test. It is a companion.

You do not need to be certain here.

You only need to be honest.

1. What Is the Jungle?

Explanation (Poetic):

The jungle is where the map stops working.

It is noise, pressure, fear, and questions that don't have easy answers.

Everyone enters it — usually before they are ready.

Reflection Questions:

1. What feels confusing in your life right now?
 2. When do you feel most lost or unsure?
 3. Who or what makes you feel safe enough to breathe?
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2. Identity: Who Am I, Really?

Explanation (Poetic):

Before the world tells you who you should be, there is already a person here worth knowing.

Reflection Questions:

1. Three words other people use to describe me:
2. Three words I believe might be true about me:

3. One thing I keep hidden because I'm afraid of being seen:
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3. Voices and Pressure

Explanation (Poetic):

Some voices guide.
Some voices rush.
Some voices pretend to care but only want control.

Reflection Questions:

1. Which voices feel loudest in your life right now?
 2. Which voices feel safe or trustworthy?
 3. Which voices make you feel smaller?
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4. Emotions in the Jungle

Explanation (Poetic):

Strong emotions are not weakness.
They are signals that something matters.

Reflection Questions:

1. Which emotion do you feel most often?
 2. What do you usually do when it shows up?
 3. Who can you speak to without needing to pretend you're okay?
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5. Faith Without Pressure

Explanation (Poetic):

Faith is not certainty.
Faith is staying in the conversation even when answers are missing.

Reflection Questions:

1. What do you believe God is like right now?
 2. What questions do you have that feel dangerous or forbidden to ask?
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6. A Moment of Honesty

Prompt:

If I could say one true thing about my life — without fixing it, explaining it, or defending it — it would be:

Space for journaling / drawing

7. A Note for Parents and Guides

Explanation (Poetic):

This workbook is not meant to correct, diagnose, or rush growth.
Your role is presence, not pressure.
Listening matters more than answers.

8. You Are Not Alone

Explanation (Poetic):

The jungle is not a failure.
It is a beginning.
And no one is meant to walk it alone.

Closing Reflection:

This is only the first step.
When you're ready, the path continues.
