

# 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.

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## 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:

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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:**

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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**

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## 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.

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## 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.

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