

UN/FLD

A FREE SAMPLE

Contraction

One season. Five prompts. Not a journal you finish, one you return to. The same framework, the same voice, and the same rule as everything else un/fld makes: no one hands you the answer here. You already have it.

BY DESIREE SMITH

A SPACE TO BECOME

un/fld: The Journal (Free Sample)

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By Desiree Smith.

A quick map of where you are.

un/fld is built around two ideas working together: the seasons you move through, and a four-stage structure for actually moving through them instead of just naming them.

Contraction

Pulling inward. Quiet, tender, slow.
This sample lives here.

Expansion

Opening up. Curious, restless, alive.

Integration

Weaving it together. Settled, clearer.

The Box

The Lock

The Key

The Door

This sample pulls from the first two phases, The Box (the identity you've learned to carry) and The Lock (what keeps you attached to it), since noticing has to come before anything else. The Key and The Door, the awareness that creates choice, and choosing to live differently, are part of the full journal.

One thing that makes this different from most journals: you're not meant to answer these once and move on. Each prompt has a facing return page, so weeks or months from now, you can come back and notice what's the same and what's changed.

PROMPT PAGE EXAMPLE

What a filled-in page looks like, and how to read it.

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CONTRACTION • THE BOX

[THE BOX] • TIER ONE

What have you been doing on autopilot today just to get through it?

This question isn't about judgment. It's about noticing the patterns you might not even realize you're following. You don't have to answer it all at once. Just start with what comes to mind.

EXAMPLE ENTRY

Today I got up, made coffee, and scrolled on my phone while the kids were still sleeping. It felt easier than facing the mess in the living room or the to-do list. I found myself doing the same thing at lunch — eating at my desk, just to keep moving. I didn't really feel present, but I didn't feel bad about it either. It just felt easier.

*You're not just
answering a question.
You're learning
to notice.*



HOW TO USE THIS PAGE

1

NOTICE

Think about your day so far. What have you been doing on autopilot? What feels automatic, habitual, or just "the default"?

2

BE HONEST

There's no right or wrong answer. This isn't about productivity. It's about awareness. Even the small things matter.

3

LOOK CLOSER

What might be underneath these patterns? What are you avoiding, coping with, or trying to manage?

4

STAY CURIOUS

You don't have to change anything today. Just notice. Awareness creates space for choice — and choice changes everything.



*Same behavior.
Different awareness.*

JOURNAL ENTRY EXAMPLE

Here's how to use the journal — and what a real entry might look like.

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THE JOURNAL

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IF YOU'RE BACK HERE

You don't have to start over.

Some questions are worth answering more than once. Each time you return, you're not repeating yourself, you're noticing more.

01

RETURN 01 · DATE *May 12, 2025*

What do you notice this time?

I notice I'm still feeling that heaviness in my chest, but it's not as intense. I'm more aware of it now instead of just pushing through.

02

RETURN 02 · DATE *June 3, 2025*

What feels different, if anything?

I feel more willing to ask for support. Last time I just kept it all in. This time I told my partner I needed a quieter evening, and it actually helped.

03

RETURN 03 · DATE *July 18, 2025*

What are you seeing now that you couldn't see before?

I can see that I wasn't just tired. I was feeling overwhelmed and didn't have the tools to slow down. It's not a failure — it's a pattern I'm learning to recognize.

NEXT
RETURN

RETURN 04 · DATE

What are you still wondering about?

SAME LOOP, OR A NEW VERSION OF IT?

☐ Same ☐ Different ☐ Somewhere in between ☐ I don't know yet

42

SAME QUESTION. NEW EYES.

THE RETURN PAGE

A space to notice, not to start over.

1 THE PROMPT

The original question from your journal entry. You'll see the same prompt so you can reflect on it again with fresh eyes.

2 THE DATE

Write the date for each return. This helps you see the distance between your answers and notice how you're growing, shifting, or still holding the same things.

3 THE REFLECTION

Take your time. There's no right or wrong answer. You might notice something new, feel something different, or realize you're still in the same place. All of it is useful.

4 THE LOOP CHECK

At the bottom, choose which feels true for you right now. It's a gentle way to notice patterns without pressure.

QUICK GUIDE

How to use the journal

1

Read the prompt

Let the question sit with you. There's no rush.

2

Write your first answer

Be honest, curious, and kind to yourself.

3

Return when you're ready

Look back at the same prompt and see what's different, what's shifted, or what's still the same.

4

Use the tools

The journal includes seasonal guides, reflection prompts, and space to track your loops over time.

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SAME QUESTION. NEW EYES.

YOUR RECORD

A place to track your seasons.

Fill this in as you go, today and any time you come back. Over time, this page becomes a shape, your own pattern, visible instead of just remembered.

DATE

SEASON

WHAT WAS TRUE THAT DAY

If you land here more than once with the same season written twice, that's not a step backward. That's a loop, and noticing it is the whole point. Same loop, or a new version of it? Either answer is right.

[THE BOX] • SAMPLE 1 OF 5

Naming What You Feel

You say "I'm fine." You say "I'm stressed." Those words are doing a lot of hiding. Underneath them is usually something more specific. Disappointed. Overstimulated. Quietly furious. Tired of performing okay-ness for people who never asked you to.

Finding the more specific word doesn't make the feeling bigger. It makes it something you can actually hold instead of just drag around all day.

What's the feeling underneath the feeling you just named?

IF YOU'RE BACK HERE

You don't have to start over.

Some questions are worth answering more than once. Each time you return, you're not repeating yourself, you're noticing more.

01

RETURN 01 · DATE

What do you notice this time?

02

RETURN 02 · DATE

What feels different, if anything?

03

RETURN 03 · DATE

Is this the same feeling, or a more specific one?

SAME LOOP, OR A NEW VERSION OF IT?

- ☐ Same ☐ Different ☐ Somewhere in between ☐ I don't know yet

[THE BOX] • SAMPLE 2 OF 5

The Stories You Didn't Choose

Some of what you believe about yourself, you never actually chose. It came from a parent's tone. A teacher's offhand comment. A rule in your house that nobody said out loud but everybody obeyed. Don't be dramatic. Figure it out yourself. Love is something you earn.

You inherited these. That's not the same as them being true.

Which belief about yourself have you never actually tested? You just assumed it was true because it's old.

IF YOU'RE BACK HERE

You don't have to start over.

Some questions are worth answering more than once. Each time you return, you're not repeating yourself, you're noticing more.

01

RETURN 01 · DATE

Has this belief loosened at all?

02

RETURN 02 · DATE

Where did you see this belief show up again?

03

RETURN 03 · DATE

Do you still believe this the same way?

SAME LOOP, OR A NEW VERSION OF IT?

- ☐ Same ☐ Different ☐ Somewhere in between ☐ I don't know yet

[THE LOCK] • SAMPLE 3 OF 5

What the Habit Was Doing For You

Some habit you keep meaning to break, checking your phone the second it's quiet, saying yes before you've thought it through, isn't really about willpower. It showed up to do a job. Fill a gap. Soften a silence. Keep something at a manageable distance.

Naming the job it was doing doesn't mean you have to keep it on payroll.

What was this habit actually doing for you, the first time it showed up?

IF YOU'RE BACK HERE

You don't have to start over.

Some questions are worth answering more than once. Each time you return, you're not repeating yourself, you're noticing more.

01

RETURN 01 · DATE

Is it still doing that same job?

02

RETURN 02 · DATE

What would you need instead, if you let this one go?

03

RETURN 03 · DATE

Do you still need this one the way you used to?

SAME LOOP, OR A NEW VERSION OF IT?

- ☐ Same ☐ Different ☐ Somewhere in between ☐ I don't know yet

[THE LOCK] • SAMPLE 4 OF 5

When Rest Feels Unsafe

For some people, stopping doesn't feel peaceful. It feels exposed, like being busy was the thing keeping a bigger feeling at a distance. If rest brings up guilt or restlessness or a low hum of anxiety, that's not you being broken. That's information about what rest has had to compete with your whole life.

You don't have to force rest to feel good today. Just notice what it's actually stirring up.

What does your body expect to happen if you stop moving?

IF YOU'RE BACK HERE

You don't have to start over.

Some questions are worth answering more than once. Each time you return, you're not repeating yourself, you're noticing more.

01

RETURN 01 · DATE

Does rest feel any different now?

02

RETURN 02 · DATE

What happened the last time you actually stopped?

03

RETURN 03 · DATE

What is rest competing with today?

SAME LOOP, OR A NEW VERSION OF IT?

- ☐ Same ☐ Different ☐ Somewhere in between ☐ I don't know yet

[CONTRACTION] · SAMPLE 5 OF 5

What This Season Needs From You

Contraction isn't a season to rush through on the way to somewhere better. It has its own job: to slow things down enough that you can actually hear what the last season left behind. Most people treat it like a problem to solve. It's closer to a room that needs the lights dimmed for a while, not fixed.

You don't have to know what comes next yet. That's not what this season is for.

If this season got exactly what it needed from you this week, what would you have to give it?

IF YOU'RE BACK HERE

You don't have to start over.

Some questions are worth answering more than once. Each time you return, you're not repeating yourself, you're noticing more.

01

RETURN 01 · DATE

Same loop, or a new version of it?

02

RETURN 02 · DATE

What does this season need from you now?

03

RETURN 03 · DATE

Are you still in this season, or somewhere new?

SAME LOOP, OR A NEW VERSION OF IT?

- ☐ Same ☐ Different ☐ Somewhere in between ☐ I don't know yet

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This isn't a journal you finish.

It's one you return to. The full journal carries you through Expansion and Integration too, all four stages, Box, Lock, Key, Door, built the same way: space to answer today, and space to come back and notice what's changed.

AVAILABLE NOW

The un/fld Journal, full edition

All three seasons. All four stages. The complete framework, in the same voice as this sample, ready for you to hold and to return to.