

One Day

A collection of reflections
for the days when you
need to borrow belief from
your future self.

For Adults Recovering from Narcissistic Mothers

After The Fog Recovery



COPYRIGHT NOTICE

© 2025 Carol Vanessa Coaching LLC

All rights reserved.

The One Day™ and all associated content are the intellectual property of Carol Vanessa Coaching LLC and After The Fog Recovery™.

This publication is protected by United States and international copyright laws.

No part of this publication may be reproduced, copied, distributed, modified, republished, uploaded, transmitted, sold, shared, taught, displayed, or used to create derivative works in any form or by any means without prior written permission from Carol Vanessa Coaching LLC.

This includes, but is not limited to:

- Sharing PDFs with others
- Uploading content to websites, membership platforms, or social media
- Reproducing worksheets, graphics, or written content
- Using the material for commercial, educational, coaching, therapeutic, or training purposes without written authorization

Purchase of this product grants a single-user, non-transferable license for personal use only.

Unauthorized reproduction, distribution, or sharing of this material is strictly prohibited and may result in legal action.

Thank you for respecting the work, research, and lived experience that contributed to the creation of this resource.

Carol Vanessa Coaching LLC

After The Fog Recovery™

For permissions or licensing inquiries:

contact@afterthefogrecovery.com

If You're In The Middle Of Recovery...

These aren't promises.

They're **milestones**.

Recovery doesn't happen all at once.

It happens in moments.

The day you stopped waiting.

The day you trusted yourself.

The day you choose peace.

The day you realized your life could be bigger than what happened to you.

These are some of those moments.

**ONE DAY YOU'LL
STOP ASKING:
"WHAT'S WRONG
WITH ME?"**

**AND START SAYING:
"*I REALLY LIKE
MYSELF.*"**

1

ONE DAY YOU'LL

Trust

**YOURSELF MORE
THAN ANYONE
ELSE IN THE
WORLD.**

2

ONE DAY YOU'LL
CATCH YOURSELF
REPLAYING A
CONVERSATION
AND SAY:
*"OH LOOK, THERE I
GO AGAIN."*

AND THAT WILL BE
THE END OF IT.

3

ONE DAY YOU'LL
REALIZE THE **SHAME**
MASQUERADING AS
GUILT.

AND MEET IT WITH
COMPASSION
INSTEAD OF *SELF-*
PUNISHMENT.

4

ONE DAY YOU'LL
STOP TRYING TO
PROVE YOUR PAIN
TO PEOPLE WHO
DON'T HAVE THE
CAPACITY TO
UNDERSTAND IT.

5

ONE DAY YOU'LL
STOP WAITING FOR
THE **APOLOGY.**

NOT BECAUSE IT NO
LONGER MATTERS.
BECAUSE YOUR LIFE
MATTERS MORE.

6

ONE DAY YOU'LL
MAKE A DECISION
WITHOUT ASKING
FOR PERMISSION.

*AND IT WON'T EVEN
OCCUR TO YOU
THAT THIS USED TO
BE DIFFICULT.*

7

ONE DAY YOU'LL
REALIZE EMPATHY
NEVER REQUIRED
SELF-SACRIFICE.

8

ONE DAY YOU'LL
STOP TRYING TO SAVE
RELATIONSHIPS THAT
REQUIRE YOU TO
DISAPPEAR.

*AND YOU'LL
RECOGNIZE THEM
WITH HYPERSPEED.*

9

ONE DAY YOU'LL
WAKE UP AND YOUR
FIRST THOUGHT
WON'T BE ABOUT HER.

10

ONE DAY YOU'LL BE
CELEBRATING A
MILESTONE, YOU WILL
NOTICE THE *GRIEF*...

AND THEN RETURN TO
ENJOYING THE
MOMENT THAT'S
ACTUALLY
HAPPENING.

ONE DAY YOU'LL
DISCOVER THAT
PEACE FEELS
NORMAL NOW.

12

ONE DAY YOU'LL STOP
STUDYING THE WOUND
EVERY DAY.

NOT BECAUSE YOU'RE
DENYING WHAT
HAPPENED.

BECAUSE YOU'RE BUSY
BUILDING A LIFE THAT
ISN'T ORGANIZED AROUND
IT ANYMORE.

13

ONE DAY YOU'LL REALIZE
YOUR SENSITIVITY WAS
NEVER THE PROBLEM.

IT WAS ONE OF YOUR
GREATEST STRENGTHS
AND **THE** REASON YOU
MADE IT TO THE OTHER
SIDE.

14

ONE DAY YOU'LL LOOK AT A
PICTURE OF YOURSELF AS A
CHILD AND REALIZE YOU
HAVE FINALLY BECOME THE
PARENT THEY NEEDED.

AND IT WILL **ACTUALLY**
FEEL LIKE YOU ARE THEIR
PARENT.

15

ONE DAY YOU'LL
TRUST YOUR OWN
EXPERIENCE WITHOUT
NEEDING ANYONE
ELSE TO CONFIRM IT
FIRST.

16

ONE DAY YOU'LL
KNOW EXACTLY
WHO THE FUCK
YOU ARE.

17

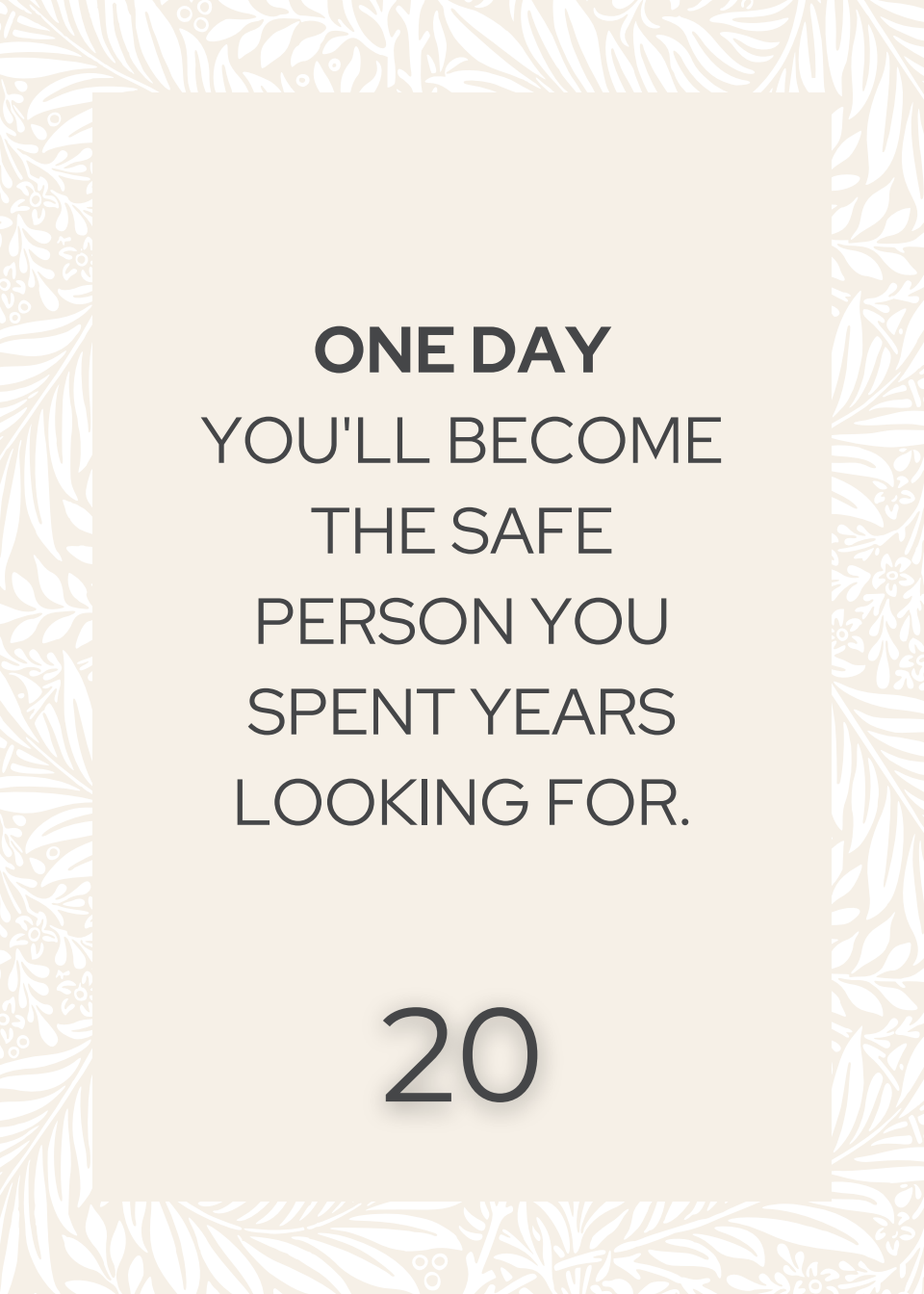
**ONE DAY YOU'LL
CHOOSE
YOURSELF
WITHOUT
NEEDING A
REASON.**

18

**ONE DAY YOU'LL
REALIZE YOU
WERE NEVER
ASKING FOR TOO
MUCH.**

*YOU WERE ASKING
THE WRONG
PERSON.*

19



ONE DAY
YOU'LL BECOME
THE SAFE
PERSON YOU
SPENT YEARS
LOOKING FOR.

20