

# The Feminine Journey

## Coming of Age Reflection

1. *How did you know you were becoming a woman?*
2. *How did your first blood affect your body?*
3. *How did the next few years of your menstrual cycle affect your body?*
4. *What kind of reception in your family of origin did you get around your first blood?*
5. *How were your emotions affected?*

*Please use more paper if you need more room to answer any questions. If these questions take you off in another direction, please follow the thread.*

6. *How were your thoughts affected?*
  
7. *How was your life force affected?*
  
8. *How was your spirit affected?*
  
9. *Your expression in the world?*
  
10. *Did you stop doing anything because of your moon?*
  
11. *Did you start doing anything because of your moon?*