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# April, 2026 Monthly Alignment Letter

**The Method of Staying: Why Asking Why Changes Everything**

**A Personal Message**

Dearly Beloved,

April is a season of returning. The earth, faithful as ever, is finding her way back to herself — and I believe this month holds an invitation for you to do the same.

In my manuscript, *We Are Not Broken. We Are Patterned*. I write about a practice that quietly transformed the way I understood myself. I want to share it with you here, because I believe it carries something sacred, not just as a tool, but as an act of returning to the truth of who you are.

It began with a simple question to a self-reflective problem I was experiencing. I borrowed a process from the world of problem-solving and turned inward: I asked myself, why?

Then again — gently, without pressure, without self-criticism — why?

I discovered that the first answer we give ourselves is rarely the truest one. It is usually the surface explanation — the version shaped by habit, protection, or old narratives we've told ourselves for so long that they feel like facts.

Beneath that first answer, another layer waits, and often another layer beneath that until the deeper truth begins to rise.

This is what I call the method of staying. It is not about interrogating yourself. It is about honoring yourself enough to look beneath the surface of your own patterns, with compassion, and with the quiet understanding that what you find there is not evidence of damage.

It is evidence of intelligence and faithfulness. Of a self that did what she needed to do in a time that asked it of her.

This month, I want to walk you through the Five Whys as I use them — not as a worksheet, but as a spiritual practice of returning.

*With love and steadiness,*

*Tammy*

## **The Five Whys: A Spiritual Practice of Returning**

In Chapter 5 of *We Are Not Broken. We Are Patterned.*, I share how I encountered the Five Whys as a workplace tool — a method developed at Toyota to move past surface explanations toward root causes. But

what I found, when I turned this practice inward, was something far more personal and far more sacred.

The purpose was never fault. It was always clarity. And that distinction changes everything about how we hold the questions.

*"This was not an interrogation, it was presence, a quiet willingness to remain with myself long enough for honesty to unfold."*

### **Why 1 The Surface Answer**

*Why am I feeling this way right now?*

The first answer arrives quickly and feels familiar. It is likely true — but it is also likely the version you have been rehearsing. Receive it without rushing past it. Write it down. Let it breathe. Then gently ask again.

### **Why 2 Beneath the Story**

*Why does that feel true for me?*

This is where the mind begins to slow. The rehearsed answer loses its footing. You may notice a subtle discomfort — that is the practice working. Stay with it. Something quieter is beginning to surface.

### **Why 3 The Pattern Speaks**

*Why has this pattern shown up before?*

Here, you may begin to recognize something familiar — not for the first time, but perhaps for the first time with compassion. You are not discovering a flaw. You are witnessing an adaptation. Something intelligent that formed in a season that asked it of you.

### **Why 4 The Original Wound**

*Why did this protection feel necessary?*

This layer often lives in the body before it lives in words. You may feel it as a tightening, a softening, or a quiet recognition. You are approaching the original season that shaped the pattern. Treat what rises here with extraordinary gentleness.

### **Why 5 The Root Truth**

*Why has this belief felt more true than my worth?*

This is the quiet center. The place where understanding transforms into compassion. What you find here is not something broken — it is a woman who learned, faithfully and without choosing to, that love had to be earned, or that safety required vigilance, or that her needs came last. She was not wrong. She was doing what survival asked. Now, you can offer her something different.

You may not reach Why 5 in your first sitting. Some questions unfold in a single journal entry. Others take weeks of quiet returning. There is no correct timeline. There is only the willingness to stay.

### **Reflection Prompts for April**

Set aside quiet time — with your journal, a cup of tea, and as much stillness as you can gather — and sit with one of these questions this month. You do not have to answer all of them. Choose the one that feels most alive in you right now.

**1.** Choose one recurring reaction or pattern you've noticed in yourself. Begin with the first Why. Write down whatever rises — without editing, without judgment. Then ask again.

2. Think back to the first time you remember feeling the way this pattern makes you feel. How old were you? What did you need in that moment that was not available? Can you offer that child something now?

3. What is one belief about yourself that you have held for so long it feels like a fact? Ask: Where did I learn this? Was it mine to begin with or did I inherit it from a season that required it?

4. When you imagine living without this pattern, without the vigilance, the guarding, the performing — what do you feel? Is there relief? Fear? Both? What does that tell you?

5. What would you say to the younger version of yourself who first formed this pattern, if you could sit beside her right now?

*Remember: The page does not demand perfection. It simply holds space.*

### **April Alignment Affirmations**

Speak these aloud — slowly, with your hand over your heart — as many mornings as you are able this month:

*I am not broken. I am patterned.*

*My patterns were intelligent answers to difficult seasons.*

*I have permission to ask why — gently, without judgment.*

*I do not need to earn my own worth. It is already true.*

*I am allowed to stay with my own truth long enough to hear it.*

*Healing is not urgency. It is the slow and sacred act of returning.*

*I offer the woman I was — and the woman I am — extraordinary compassion.*

### **This Month's Alignment Actions**

These are gentle invitations — not obligations. Choose what resonates and release the rest with grace.

Begin a Five Whys entry in your journal. Pick one reaction from the past week, something small is perfect, and sit with it for 15 minutes. Ask why five times. See what surfaces.

Create a small ritual of stillness each morning this month. Even 5 minutes of sitting quietly, before the phone, before the tasks, trains the spirit to know it is safe to slow down.

Share this newsletter with one woman in your life who you sense might be carrying something heavy. Sometimes the most powerful thing we can offer is the quiet message: you are not alone, and you are not broken.

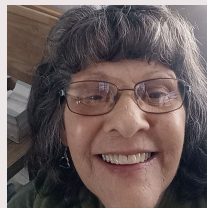
🌸 End each evening this month with one sentence in your journal: 'Today, I noticed...' It does not need to be profound. It only needs to be honest.

### Community Corner

#### ◆ *Voices from Our Community Contributor- Cheryl Dixon* ◆

*One of the greatest gifts of this community is the courage you carry — the willingness to put your truth into words and trust that it belongs here. Each month, this space is an open door for your voice.*

*This month, a member of our Thrive by Design Women family shared something that stopped me still. I asked her permission to include it here, because I believe many of you will recognize yourself in her words.*



### Finding My Way Back

I find myself in a time of reflection — looking back over the past few years and feeling a deep pull toward realignment. A longing to reconnect with my mental, physical, emotional, and spiritual self.

For too long, my true self has been obscured — buried beneath the weight of things I pushed aside, things happening outside of me that quietly shaped what was happening within.

I have flaws. I have weaknesses. There are moments I tear my heart open, and moments I sew myself shut — afraid to feel, afraid to appear broken. I have cared deeply, sometimes too deeply, and the scars left

behind are reminders that the past was real. That I was real. But I am no longer tearing myself apart just to feel something. That time is over.

**Now, I am focused on repairing. On evolving. On becoming.**

I am challenging myself to grow into the person I have always known I could be. I dare to dream. I choose to hope, to believe, to seek, to feel, and to invite love back into my life — because love is the affinity that links and draws together all the elements of this world.

***One piece at a time, I am finding my way back to myself.***

If her words touched something in you, you are not alone. This is the nature of our community. We heal in the witnessing of one another.

*Would you like to be featured in a future Community Corner?*

Submit your reflection, story, or piece of writing to share with this community. Your voice belongs here.

## **A Closing Word**

In my manuscript, I write about the moment I finally reached the fifth Why and found, at the bottom of all my asking, not the damage I expected, but a child doing the very best she could with what she had been given.

I want you to know that is what waits for you, too.

Not evidence of what went wrong. Not proof that you are too much or not enough. But the quiet, unmistakable recognition of a woman who was faithful to survival and who is now, at last, being invited into something more.

*She has been waiting.*

*She is not far.*

*And this, all of this is the way back to her.*

I am honored to walk this road alongside you.

*With love and steadiness,*

*Tammy Clair*

*Author, We Are Not Broken. We Are Patterned.*

*Founder of Thrive by Design Women™ Alignment Method*

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