Silent Courage Stew

A comfort dish for the quietly resilient

Ingredients

- 1 generous scoop of solitude
- 2 handfuls of missed words
- 1 finely chopped fear of asking again
- A dash of inner grit (aged beautifully)
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- 3 slow-cooked listening moments
- A splash of humour (preferably dry)
- 1 stubborn belief that your voice matters
- 2 cups of stories untold
- Optional: one furry sidekick who doesn't care what you misheard

Method

1. Start by heating a quiet moment over low expectations. Let it simmer—this takes time.
2. Add solitude and stir gently. It'll thicken with insight if left undisturbed.
3. Toss in missed words and that fear of repeating yourself. Allow them to soften in your honesty.
4. Blend in grit and slow-cooked listening until it smells like strength, not struggle.
5. Stir in your belief that your story matters—even if it's spoken softly or typed alone at midnight.
6. Season with humour. Be generous. A little sass goes a long way.
7. Add the optional furry sidekick and their comedic timing. They're good for the soul.
8. Let the stew rest. It tastes better the next day, after reflection.

Serve with:

- A side of "Me too" from someone who finally gets it.
- And maybe a quiet tear, the good kind.