YOUR SILENCE, NOT MY PRISON

FREEDOM FROM THE EMOTIONAL TRAP

First Edition

Author

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Dedication

This book is lovingly dedicated to my daughter, Pushtee, as she grows into her teenage years. May she always find the strength to express, the courage to communicate, and the wisdom to protect her peace.

To my nephew, Jiyansh, may you grow emotionally strong, grounded, and confident in your voice and your choices.

To God and Yogi Bappa for always guiding me ahead.

To my dearest family, for being my constant support and strength:

- Mom, Jagruti Bhojani
- Dad, Haresh Bhojani
- Husband, Viral Ponda
- Brother, Harsh Bhojani
- Father-in-Law, Yogesh Ponda
- Mother-in-Law, Mamta Ponda
- Sister-in-Law, Riddhi Bhojani

Thank you for your love, encouragement, and belief in me.

Finally, to every young adult and adult who has ever felt unheard, confused, or emotionally trapped in silence, this book is for you. May you find your voice, your clarity, and your freedom.

FOREWORD

Silence is often misunderstood.

In a world that encourages expression, communication, and connection, silence can appear calm on the surface, but beneath it, it can carry confusion, emotional distance, and unspoken tension.

Many individuals experience the silent treatment not just as a pause in communication but as an emotional experience that leaves them questioning their worth, their actions, and their place in a relationship.

As an Occupational Therapist, I have worked with people navigating emotional challenges that impact their daily functioning, relationships, and inner sense of stability. One recurring pattern I observed was how deeply the absence of communication could affect emotional well-being.

This book is not about forcing conversations.

It is about transforming your response to silence.

It is about moving from:

- Overthinking to clarity
- Emotional dependency to self-awareness
- Reaction to intentional response

Through structured reflection, therapeutic insight, and practical exercises, this book offers a pathway to reclaim your voice, not by controlling others, but by strengthening your relationship with yourself.

This is not just a journal.

It is a journey toward emotional freedom.

- Dr. Deesha Bhojani Ponda
Occupational Therapist, Mumbai

Acknowledgement

This book was created for every person who has ever felt emotionally unheard, unseen, abandoned, confused, or trapped in silence.

To those who questioned their worth because of emotional distance…
To those who overthought every silence…
To those who stayed awake trying to understand mixed signals, emotional withdrawal, or inconsistent love…

This book was written with you in mind.

Healing from emotional pain is not easy.

It takes courage to face the patterns that hurt us.

It takes strength to rebuild self-worth after emotional exhaustion.

And it takes deep honesty to choose healing instead of remaining trapped in old emotional wounds.

I want to acknowledge every reader who decided to begin this journey.

Thank you for allowing these pages to become a safe space for your reflection, growth, healing, and emotional freedom.

I also acknowledge the importance of emotional awareness, mental health education, healthy communication, and self-compassion in helping people create healthier emotional lives and relationships. Many emotional healing practices shared in this book are inspired by psychological understanding, mindfulness-based approaches, emotional regulation techniques, nervous system healing practices, and compassionate self-reflection.

Most importantly,
I acknowledge the part of you that kept going even during your hardest emotional moments.

The part of you that still hoped for peace.

The part of you that still wanted healing.

The part of you that refused to completely give up on yourself.

That part deserves recognition.

May this book continue reminding you that:

You are worthy of respect,
worthy of emotionally healthy love,
worthy of peace,
and worthy of becoming emotionally free.

And finally…
May you never again confuse your silence with your identity.
Because your silence was never your prison,
your healing was always the key.

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INTRODUCTION

There is a moment many of us have experienced.
You send a message.
You expect a response.
And then... nothing.
Minutes pass. Hours pass. **Sometimes even days.**

What begins as silence slowly turns into a storm of thoughts:

- Did I say something wrong?
- Why are they ignoring me?
- Should I message again?

This is where the emotional trap begins.

The silent treatment is not always intentional harm, but its impact is real. It creates uncertainty, triggers emotional reactions, and often leads to a cycle of overthinking and self-doubt.

Over time, this pattern can affect:

- Your confidence
- Your emotional stability
- Your communication style

You may find yourself:

- Over-explaining
- Chasing responses
- Suppressing your needs

This book was created to change that pattern.

It is designed as a **guided 28-day journey** that helps you:

- ✓ Understand why silence affects you so deeply
- ✓ Recognise your emotional patterns
- ✓ Build healthier ways of responding
- ✓ Strengthen your communication and boundaries
- ✓ Develop emotional independence

This is not about changing others.

This is about changing how you show up.

Because the moment you stop waiting for a response...
is the moment you begin to feel free.

Silence is often misunderstood as calm, maturity, or space. But in many relationships, silence becomes something else entirely, a form of emotional withdrawal that leaves the other person feeling confused, anxious, and powerless.

The silent treatment is not just the absence of words. It is the absence of connection.

As an Occupational Therapist, I have worked with individuals who struggle not only with communication but with the emotional impact of being ignored, dismissed, or shut out. Over time, this pattern creates what I call an **emotional trap**, a cycle of overthinking, self-doubt, and emotional dependency on someone else's response.

This journal is designed to help you step out of that trap.

HOW TO USE THIS JOURNAL

This journal is divided into awareness chapters followed by a **28-day guided process.**

In the chapters, there is a **LET'S GET AWARE** section, which will make you aware of what exactly is happening so that we can work on it in the 28-day guided section.

Each day includes:

- A short insight
- A focused action step
- A guided reflection
- Space to write

You do not need to complete it perfectly.

You only need to show up honestly.

UNDERSTANDING THE SILENT TREATMENT

The silent treatment is often used as a way to:

- Avoid conflict
- Express anger indirectly
- Gain control in a situation

However, for the person experiencing it, it can lead to:

- Emotional distress
- Increased anxiety
- Overthinking and self-blame
- Reduced self-esteem

This is why it is important not just to understand silence, but **to change how you respond to it.**

Personally speaking, I have faced the silent treatment in work situations and friendships more than in the family. So, I recognised the pattern, trap cycle, and have put it across in this book for YOUR healing. Not only have I received the silent treatment, but I have also given the silent treatment to people without realising what would have happened to their emotional well-being. These practices have further given me the realisation of life and emotional well-being.

Recently, Gen Z people are all over the clinic and in online sessions with anxiety building up due to non-reply or ignorant behaviour, and the easy availability of social networks or groups replacing the one facing it. This book is for all those who need help in the current technological world, where we want things instantly and instant gratification of needs rules all generations.

LET'S BEGIN AND LET'S GET AWARE FIRST, THEN HEAL OURSELVES.

ALL THE BEST OF LUCK!!!