

Journal Prompts

1. What is one challenge you have overcome that you never thought you could? Could you explain how you did it?

[illegible]

Journal Prompts

2. Describe a place where you feel completely safe and at peace. What do you think makes it feel that way?

[illegible]

Journal Prompts

3. Who will you be when you get beyond your healing journey? What traits will describe you at that point?

[illegible]

Journal Prompts

4. Since starting your journey, how have you changed or grown thus far?

[illegible]

Journal Prompts

5. Write about a small win you recently had in your life. How did it make you feel?

[illegible]

Journal Prompts

6. What is one negative belief you have about yourself? And how can you reframe with positive affirmations moving forward?

[illegible]

Journal Prompts

7. What techniques or tools have helped you the most in times of distress?

[illegible]

Journal Prompts

8. What does a fully healed you look like one day? Describe what healing would provide for you.

[illegible]

Journal Prompts

9. Write about a recent setback. How do you think you can use it to empower you moving forward?

[illegible]

Journal Prompts

10. List 5 things you are grateful for today. How do they bring you comfort, encouragement, or joy?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Journal Prompts

11. If you could speak to your younger self, what would you say to comfort and encourage them right now?

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Journal Prompts

12. Is there someone you have been struggling to forgive? What would it look like to forgive them and how would that make you feel?

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13. Identify a trigger that you experience most often. What can you do to remain grounded the next time you sense it?

[illegible]

Journal Prompts

14. Who do you currently have in your life as a supporter of your healing journey? How do they make a difference for you?

[illegible]

Journal Prompts

15. Write three affirmations you can repeat to yourself when you feel overwhelmed or discouraged.

[illegible]

Journal Prompts

16. How would you show compassion to a friend going through a similar situation as yours?

[illegible]

Journal Prompts

17. What is the one thing you want to let go from your past more than any other?

[illegible]

Journal Prompts

18. What are the hopes you have for the next month, the next year? And what are you doing now to work towards those?

[illegible]

Journal Prompts

19. What does the idea of self-worth mean to you? Write about a time when you felt worthy.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Journal Prompts

20. Reflect on the time when you listened to your gut and made a decision of any consequence.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Journal Prompts

21. Have you ever had a moment when you found your voice? When you were able to speak, or able to set boundaries?

[illegible]

Journal Prompts

22. What boundaries do you need to set in your life right now? How can you implement them while remaining in a state of peace?

[illegible]

Journal Prompts

23. What is the one thing you are most ashamed of? How can you best separate what you are ashamed of from your personhood? Can you forgive yourself?

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.

Journal Prompts

24. Write about the lessons your trauma has taught you. Do you think you can find a purpose for your pain?

[illegible]

Journal Prompts

25. Write a letter to yourself as if you are now healed. What would you express concerning the journey you have experienced?

[illegible]

Journal Prompts

26. What one fear seems to be holding you back along your journey of healing? How can you gently face it and let go of its power?

[illegible]

Journal Prompts

27. What changes can you make in your living environment that would support your recovery process?

[illegible]

Journal Prompts

28. What activities, people, or places bring you joy and peace? How can you make more time for this in your life?

[illegible]

Journal Prompts

29. How can you embrace imperfection in your life and the lives of others? How can you accept yourself daily?

[illegible]

Journal Prompts

30. What is one need of yours that you have been ignoring? It could be physical, emotional, or mental. How can you prioritize it today?

[illegible]