1. Reflect on a recent challenge you faced. What emotions did it evoke?				
How did you respond, and what did you learn from the experience?				

3. Ask yourself: Why is healing important to me? What changes do I hope to see as I continue this journey?		
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4. Envision your healed self. Describe in detail what your life would look and feel like. What small actions today can bring you closer to that vision?			
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Chapter 9 Exercise

The Resilience Ritual

Purpose: Create a consistent practice to affirm your healing progress.

Step-by-Step:

- 1. Choose a consistent time each week to have a session.
- Pick a quiet spot in your home for quiet time. Use soft meditation music and/or candles to induce a sense of serenity.
- 3. Pick out a journal prompt from the book to work on.
- 4. Spend 10-15 minutes meditating on your answer. Try to focus on being calm and feeling safe.
- 5. Finally, end with a moment of thankfulness for where you are now and where you are heading in your healing journey.

Chapter 9 Worksheet

Trigger Reflection Worksheet

Purpose: A tool to help us understand and process our triggers.

<u>Section</u>	Your Response
Trigger	Describe the situation or event that triggered you.
Emotion(s) Felt	Identify the emotions that came up (e.g., fear, sadness, anger).
Physical Response	Note any physical reactions (e.g., tight chest, trembling).
What It Reminds Me Of	Reflect on any memories or past events it brought to mind.
Coping Strategy Used	Detail how you managed the trigger in the moment.
What I Learned	Write down one thing you learned about yourself or your process from this event.