









## 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.*
- 2. 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>	<u>Your Response</u>
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.