

TEMPLE TIME TODAY



**A 28-Day Path to Reclaiming
Your Peace and Power**

Angela R. Edwards

Temple Time Today: A 28-Day Path to Reclaiming Your Peace and Power

Angela R. Edwards © 2025

All Rights Reserved. No portion of this publication may be reproduced, stored in any electronic system, or transmitted in any form or by any means (electronic, mechanical, photocopy, recording, or otherwise) without the prior written permission of the author or publisher. Brief quotations may be used in literary reviews.

IMPORTANT DISCLAIMER:

REGARDING THE USE OF THIS DEVOTIONAL

This book, *Temple Time Today: A 28-Day Path to Reclaiming Your Peace and Power*, is offered as a supportive resource for survivors of domestic violence on their healing journey. While created with care, compassion, and input from survivors and professionals, please read the following important information before beginning:

NOT A SUBSTITUTE FOR PROFESSIONAL HELP

The content, reflections, and practices in this devotional are designed to complement—not replace—professional mental health support, therapy, or medical care. The author(s) are not licensed mental health professionals, and this book does not provide psychological treatment, diagnosis, or therapy.

SEEK PROFESSIONAL SUPPORT

If you are currently experiencing:

- Thoughts of harming yourself or others
- Overwhelming emotional distress
- Difficulty functioning in daily life
- Flashbacks, severe anxiety, or panic attacks
- Persistent depression or hopelessness
- Any form of crisis related to past trauma

Please contact a mental health professional, call your local crisis line, or visit your nearest emergency room immediately. In the United States, you can call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or text START to 88788.

INDIVIDUAL HEALING JOURNEYS

Every survivor's healing journey is unique. What works for one person may not work for another. The practices in this book are offered as possibilities, not prescriptions. You are encouraged to:

- Approach each practice with self-compassion
- Skip or modify any activity that feels overwhelming
- Progress at your own pace—there is no “right” timeline for healing
- Trust your instincts about what feels supportive versus triggering
- Consider working through this book with the guidance of a therapist or counselor

POTENTIAL EMOTIONAL RESPONSES

Engaging with content about healing from domestic violence may evoke strong emotional responses, even when approached with care. This is a normal part of the healing process. However, if you find yourself experiencing intense distress that doesn't ease within a reasonable time, please reach out for professional support.

CONFIDENTIALITY AND SAFETY

If you are currently in an unsafe situation or relationship:

- Consider how and where you keep this book to maintain your safety
- Be mindful of digital versions that may be accessible to others
- Trust your judgment about when and how to engage with this material

COMPLEMENTARY APPROACH

For optimal support, consider using this devotional as part of a broader healing approach that may include:

- Individual therapy with a trauma-informed professional
- Support groups for survivors of domestic violence
- Medical care for physical needs related to trauma
- Community resources specifically designed for survivors

By opening this book, you acknowledge that you understand and accept the limitations and recommendations outlined within. Your healing matters, and you deserve comprehensive support on your journey toward reclaiming your sacred self.

For more information or special permissions, contact:

Angela Edwards

P.O. Box 639

Harlem, GA 30814

pearlygatespublishing@gmail.com

TABLE OF CONTENTS

PREFACE	5
Understanding the Need for Domestic Violence Survivor Books	5
How Temple Time Today Stands Out Among Books About Domestic Violence	5
INTRODUCTION	7
The Power of Devotional Books for Healing from Abuse.....	7
Why Inspirational Books for Domestic Violence Survivors Matter.....	8
Practical Self-Care Elements and Daily Structure	9
The Holistic Healing Approach	10
Evidence-Based Benefits and Expected Outcomes	11
In Conclusion: An Essential Resource for Healing.....	12
WEEK 1: FOUNDATION – ESTABLISHING SAFETY AND AWARENESS.....	13
Day 1: Sacred Beginning	14
Day 2: Honoring Your Body.....	15
Day 3: Breath as an Anchor	16
Day 4: Boundaries Begin	17
Day 5: Emotional Weather	18
Day 6: Sensory Healing.....	19
Day 7: Celebration of Strength	20
WEEK 2: RELEASE – PROCESSING EMOTIONS AND LETTING GO	21
Day 8: Permission to Feel.....	22
Day 9: Grief and Honoring.....	23
Day 10: Anger as Energy	24
Day 11: Shame Release	25
Day 12: Trust Rebuilding	26
Day 13: Freedom in Forgiveness	27
Day 14: Integration Day	28

WEEK 3: RECLAMATION – REDISCOVERING YOUR AUTHENTIC SELF	29
Day 15: Values Exploration	30
Day 16: Voice Recovery	31
Day 17: Pleasure Reclamation	32
Day 18: Body Reconnection	33
Day 19: Creative Expression.....	34
Day 20: Choice Empowerment.....	35
Day 21: Identity Exploration	36
WEEK 4: REBUILDING – CREATING YOUR FUTURE	37
Day 22: Boundary Reinforcement.....	38
Day 23: Support Connection	39
Day 24: Future Self	40
Day 25: Meaning-Making	41
Day 26: Safety Planning	42
Day 27: Celebration of Progress	43
Day 28: Continuing the Journey	44
YOUR HEALING JOURNEY DOESN'T END HERE.....	45
YOUR HEALING JOURNEY: TRANSFORM FROM SURVIVOR TO ADVOCATE.....	46

PREFACE

Understanding the Need for Domestic Violence Survivor Books

Statistics about domestic violence reveal a stark reality that highlights the urgent need for specialized healing resources. According to the World Health Organization, 30% of women worldwide have experienced physical and/or sexual violence from an intimate partner, and approximately one in 10 men in the U.S. experienced contact sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime. Those figures represent millions of individuals seeking pathways to healing, making survivor books a vital resource in the recovery process.

Temple Time Today emerges as a distinctive entry among books for domestic violence survivors, offering a structured 28-day devotional journey specifically designed to guide both women and men through the complex process of healing from trauma. Unlike “traditional” self-help approaches, this devotional combines spiritual practices with evidence-based healing principles to offer a unique resource that treats the whole person instead of just isolated symptoms.

This book recognizes that healing from domestic violence requires more than just understanding what happened. It requires a deliberate, daily commitment to rebuilding one’s sense of self-worth and connection to inner wisdom and spiritual strength. That approach sets *Temple Time Today* apart from other books about domestic violence by emphasizing active, everyday practices rather than passive reading or theoretical understanding.

How Temple Time Today Stands Out Among Books About Domestic Violence

While many books about domestic violence recovery mainly focus on education, awareness, or crisis intervention, *Temple Time Today* takes a unique approach by highlighting daily spiritual practices combined with practical self-care activities. The book is based on the idea that healing occurs through small, consistent actions rather than dramatic breakthroughs, making it accessible to survivors at different stages of their recovery journey.

The devotional structure fills a notable gap in current literature by offering readers clear, achievable daily tasks that progressively build over four weeks. Each day features a

detailed morning reflection, practical activities, affirmations, and evening practices, forming a comprehensive framework that supports emotional, mental, physical, and spiritual healing simultaneously.

Research shows that holistic healing methods produce impressive results, with programs using integrated approaches experiencing [a 91% drop in missed workdays and a 42% decrease in suicidal thoughts](#). *Temple Time Today* applies these evidence-based principles in its daily routine, ensuring that readers receive support grounded in both spiritual wisdom and a clinical understanding of trauma recovery.

This book's trauma-informed approach acknowledges that survivors may experience triggers, emotional overwhelm, or resistance during their healing process. Each daily reflection offers specific guidance on managing those challenges with self-compassion, giving readers tools to keep up their practice even during difficult moments.

INTRODUCTION

The Power of Devotional Books for Healing from Abuse

Devotional books for healing from abuse play a special role in recovery by offering daily moments for reflection, encouragement, and practical steps. *Temple Time Today* demonstrates this approach through its well-structured 28-day journey, which features four distinct weekly themes that reflect the natural progression of trauma recovery.

- **Week One: Foundation – Establishing Safety and Awareness** begins with fundamental practices that help survivors reconnect with their bodies and emotions in safe ways. Daily activities include gratitude practices, gentle breathing exercises, basic boundary setting, and sensory healing techniques. The morning reflections during this week provide detailed guidance on how to approach each practice with self-compassion, recognizing that reconnecting with one's body after trauma requires patience and gentleness.
- **Week Two: Release – Processing Emotions and Letting Go** guides readers through the difficult but essential work of recognizing and expressing challenging emotions. Activities include permission-giving exercises for feeling anger, grief rituals, shame release practices, and forgiveness work. This book stresses that forgiveness is a personal decision made for one's own freedom, not a duty to forgive harmful actions or reconcile with those who caused harm.
- **Week Three – Reclamation – Rediscovering Your Authentic Self** focuses on helping survivors reconnect with their values, voice, and identity beyond their trauma experiences. Daily practices include exploring values, exercises to recover your voice, activities to reclaim pleasure, creative expression, and exploring identity beyond past experiences. This week recognizes that trauma can diminish a person's sense of self and intentionally works to expand that self-concept.
- **Week Four – Rebuilding – Creating Your Future** concludes the journey by emphasizing sustainable practices for continuous healing and growth. Activities include strengthening boundaries, practicing support connection exercises, visualizing your future self, engaging in meaning-making practices, safety planning, and celebrating progress. The final week highlights that healing is an ongoing process, not a final destination.

Why Inspirational Books for Domestic Violence Survivors Matter

Inspirational books for domestic violence survivors play a vital role in countering feelings of worthlessness, powerlessness, and hopelessness often linked to abusive experiences. *Temple Time Today* addresses that need through daily affirmations and reflections that consistently reaffirm survivors' inherent worth, strength, and ability to heal.

Each day's practice involves specific affirmations aimed at countering common negative beliefs that survivors may hold about themselves. For example, Day One's affirmation, "My body is a temple worthy of care and respect," directly challenges messages that might have been communicated through physical abuse, while Day Four's affirmation, "I have the right to protect my energy and space," reinforces the importance of setting boundaries.

This book's approach to inspiration differs from superficial positivity by recognizing the reality of trauma while also affirming the possibility of healing. Morning reflections consistently validate the difficulty of the healing journey while offering concrete tools and encouragement for taking the next step. That balanced approach helps survivors develop genuine hope based on their growing capacity rather than denying their experiences.

The inspirational elements are woven throughout practical activities, ensuring that encouragement is grounded in actions rather than empty platitudes. For example, Day Seven's "Celebration of Strength" blends reflection on past resilience with clear recognition of personal strengths, helping survivors see their current ability to overcome challenges.

Practical Self-Care Elements and Daily Structure

The practical self-care elements in *Temple Time Today* distinguish it from other self-help books for domestic violence survivors through their specificity and trauma-informed design. Each day provides detailed paragraphs that explain precisely how to implement the morning reflection, considering the unique emotional and mental health needs of survivors.

The daily routine consists of four consistent parts: morning reflection, practical activity, affirmation, and evening practice. This predictable structure offers stability and reassurance for readers whose lives might have been marked by unpredictability and chaos. Morning reflections vary from simple awareness exercises to more complex emotional processing activities, always with detailed guidance on how to practice safely.

Physical activities are thoughtfully selected to gently reconnect individuals with their bodies in a safe and non-threatening manner. Examples include five-minute breathing-focused stretches, mindful walking while paying attention to foot sensations, and gradual muscle relaxation. These activities acknowledge that trauma can cause disconnection from the body and aim to rebuild that connection slowly.

Creative expression activities are present throughout the journey, offering alternative ways to process experiences that may be hard to express verbally. These include drawing emotions, creating symbols of strength, and using any creative medium for 15 minutes without judgment. This book highlights that creativity bypasses analytical thinking and taps into healing paths that complement more cognitive methods.

Boundary-setting exercises begin with identifying desired boundaries and then move to practicing how to express them, recognizing that survivors may need to rebuild their sense of security gradually. This book offers specific language examples and role-playing ideas to help readers gain confidence in advocating for their needs.

The Holistic Healing Approach

Temple Time Today marks a breakthrough among healing books for domestic violence survivors with its integration of spiritual, emotional, mental, and physical healing methods. This book acknowledges that domestic violence impacts every part of a person's being and, therefore, calls for comprehensive attention to all aspects of healing.

The spiritual component doesn't assume specific religious beliefs but instead focuses on reconnecting with one's inner wisdom, sense of purpose, and connection to something greater than oneself. Daily practices include meditation, visualization, and reflection exercises that can be adapted to various spiritual backgrounds or secular preferences.

Emotional healing receives significant attention through exercises that help survivors identify, express, and process feelings that may have been suppressed or overwhelming. This book provides specific techniques for managing difficult emotions while also reclaiming positive emotions like joy and pleasure that trauma may have diminished.

Mental health focuses on challenging negative thought patterns, rebuilding self-trust, and developing new narratives about oneself and one's experiences. This book helps readers separate their identity from their trauma experiences while still honoring the impact those experiences have had on their lives.

Last but not least, physical healing emphasizes reconnecting with the body as a source of wisdom and strength rather than a site of vulnerability. Activities focus on gentle movements, sensory awareness, and practices that promote nervous system regulation and overall physical well-being.

Evidence-Based Benefits and Expected Outcomes

The structured approach of *Temple Time Today* aligns with research showing that consistent, daily practices lead to more sustainable healing outcomes than sporadic intensive interventions. Programs using similar holistic methods have demonstrated significant improvements in various areas of functioning, indicating that participants can expect meaningful benefits from engaging with the 28-day journey.

Survivors who complete the program can anticipate developing stronger emotional regulation skills, improved self-awareness, enhanced boundary-setting abilities, and greater connection to their authentic selves. The daily practice format helps establish sustainable self-care routines that extend beyond the initial 28 days, creating lasting changes in how survivors relate to themselves and others.

This book's emphasis on reclaiming a sense of oneself addresses one of the core impacts of domestic violence: the erosion of one's sense of choice and control. Through daily exercises in making intentional decisions, expressing preferences, and honoring personal needs, readers gradually rebuild confidence in their own judgment and their right to shape their experiences.

The integration of meaning-making activities helps survivors transform their experiences from sources of shame or victimization into sources of wisdom, strength, and possibly service to others. That transformation doesn't minimize the harm they faced but instead empowers survivors to author their own stories moving forward.

In Conclusion: An Essential Resource for Healing

Temple Time Today is an essential addition to literature that supports domestic violence survivors, combining spiritual wisdom, practical advice, and trauma-informed care. This book's 28-day plan offers a manageable yet thorough framework for starting or deepening one's healing process, and its daily format provides steady support during the arduous journey of recovery.

The devotional's recognition that healing occurs through small, consistent actions rather than dramatic breakthroughs makes it accessible to survivors at different stages of their recovery. Whether someone is newly escaped from an abusive situation or years into their recovery process, this book's gentle yet purposeful approach offers valuable tools and encouragement.

For counselors, family members, and friends seeking to support survivors, *Temple Time Today* offers insight into the daily realities of healing from domestic violence while providing practical ways to encourage and support that process. This book acts not only as a personal healing resource but also as an educational tool for understanding the complexity and potential of trauma recovery.

Most importantly, *Temple Time Today* offers hope rooted in practical action, spiritual wisdom, and deep respect for the courage needed to recover from domestic violence. It stands as a testament to the resilience of the human spirit and the potential not only to survive trauma but to thrive beyond it.

Yours in hope and prayer,

Angela R. Edwards

Survivor and Thriver

WEEK 1:
FOUNDATION –
ESTABLISHING SAFETY AND AWARENESS

Day 1: Sacred Beginning

Morning Reflection – Write three things you're grateful for about yourself:

Begin your morning by finding a quiet space where you won't be disturbed—perhaps near a window or in a corner that feels comforting—and take three deep breaths to center yourself in this moment. With gentle awareness, reflect on three qualities you appreciate about yourself (i.e., your resilience, your capacity for kindness, or your ability to seek healing), writing each one down slowly and deliberately in your journal. As you write, notice any resistance or discomfort that arises, acknowledging those feelings with compassion rather than judgment, and understanding that recognizing your worth may feel unfamiliar after experiences that diminished it. Remember that this practice isn't about forced positivity but about reclaiming the truth of your inherent value that no one could ever take away, even when it was hidden from view.

This simple act of acknowledging your own worth is a profound step in reclaiming your temple—your mind, body, and spirit—as a sacred space worthy of care and protection.

Physical Activity:

A 5-minute gentle stretching exercise, focusing on deep breathing.

Affirmation:

“My body is a temple worthy of care and respect.”

Evening Practice:

Create a small, safe space in your home dedicated to your healing journey.

Day 2: Honoring Your Body

Morning Reflection – Notice how your body feels without judgment:

As you awaken this morning, take a moment to notice how your body feels without rushing to change or fix anything—perhaps there's tension in your shoulders, warmth in your chest, or heaviness in your limbs—allowing yourself to observe those sensations with gentle curiosity. This practice of noticing without judgment begins to rebuild trust with your body, which may have felt like an unsafe place during times of violence or threat. Consider placing one hand gently on your heart and one on your abdomen, offering yourself that touch as a reminder that you are now the one who decides how and when your body is touched. Take a few moments to silently thank your body for carrying you through difficult times, for its wisdom in protecting you, and for its continued presence in your healing journey.

This compassionate awareness creates a foundation for the day ahead, reminding you that reconnecting with your body is not a single event but a gentle, ongoing conversation.

Physical Activity:

Go for a 10-minute walk, focusing on the sensation of your feet touching the ground.

Nourishment Practice:

Drink water mindfully throughout the day, noticing how it nurtures your body.

Evening Practice:

Take a warm bath or shower with intention, thanking each part of your body for carrying you through troubling times.

Day 3: Breath as an Anchor

Morning Reflection - Practice 5 minutes of deep breathing (4 counts in, 6 counts out):

Find a comfortable position where your body feels supported—perhaps sitting with your back against a wall or lying down with pillows beneath your knees—and begin to notice your breathing without trying to change it. After a few moments of observation, gently guide your breath into a rhythm of four counts in through your nose and six counts out through your mouth, allowing your exhale to be slightly longer than your inhale to activate your body's natural relaxation response. That breathing pattern sends a signal of safety to your nervous system, which may have become accustomed to remaining in a state of high alert during traumatic experiences. Throughout the day, set a gentle reminder (i.e., a small sticker on your phone or timer on your watch) to notice moments when you're holding your breath, which is a typical response to stress or triggering situations.

Each time you catch yourself holding your breath, it's an opportunity to return to this anchor of four counts in, six counts out—a simple yet powerful reminder that you are here now, in this moment of safety, not back there in the moment of danger.

Awareness Exercise:

At least three times during the day, intentionally hold your breath for four seconds and then consciously exhale for a count of six.

Affirmation:

"I am safe in this moment... right here... right now."

Evening Practice:

Before going to sleep, speak aloud appreciation and compassion to each part of your body.

Day 4: Boundaries Begin

Morning Reflection – Write about one boundary you wish to establish:

In your journal, write about one boundary you want to establish today, being as specific as possible about what you need to feel safe and respected in your interactions with others or even with yourself. Consider starting with a smaller, more manageable boundary rather than tackling the most challenging ones right away—perhaps limiting your time on social media, asking for space when needed, or declining an optional commitment that doesn't support your healing. Remember that setting boundaries is not selfish but an essential act of self-care that honors your worth and shows others (and yourself) that your needs matter. Practice saying your boundary aloud in front of a mirror, notice how it feels in your body to stand up for yourself this way, and tweak your wording until it feels authentic and firm but not harsh.

This practice of identifying and expressing boundaries rebuilds your sense of agency and control, which may have been compromised during experiences of domestic violence.

Practice Exercise:

Say “no” to one small request or expectation today.

Affirmation:

“I have the right to protect my energy and space.”

Evening Practice:

Visualize a protective light surrounding your body, allowing it to embrace you with warmth.

Day 5: Emotional Weather

Morning Reflection – Identify what emotion you’re feeling upon waking:

Before reaching for your phone or starting your day’s activities, place a hand on your heart and ask yourself, “What emotion am I feeling right now?” Let whatever arises be present without rushing to change it, whether it’s anxiety, sadness, numbness, hope, or any other feeling that comes up. Throughout your day, choose three specific times—maybe before meals or during transitions between activities—to pause and identify the emotion you’re experiencing, again without judgment or the urge to fix anything. This practice of emotional awareness helps rebuild the connection between your mind and body that trauma may have disrupted, allowing you to recognize emotions as they arise rather than only after they become overwhelming. Remember that all emotions, even difficult ones, carry important information and energy that can guide your healing when acknowledged with compassion.

By treating your emotions as weather patterns passing through rather than fixed states defining you, you reclaim your power to observe your experience without being overwhelmed by it.

Awareness Exercise:

Throughout the day, name your emotions without judging them (i.e., happiness, sadness, anger, etc.).

Affirmation:

“My feelings are valid messengers, not my identity.”

Evening Practice:

Write about one complex emotion you experienced today and what it might be telling you.

Day 6: Sensory Healing

Morning Reflection – Identify one scent, texture, or sound that brings you comfort:

Start by closing your eyes and tuning into your five senses, asking yourself what specific sensory experiences bring you comfort—perhaps the scent of lavender, the feel of a soft blanket, the sound of gentle rain, the taste of mint tea, or the sight of clouds in the sky. Choose one comforting sensory element that feels accessible today and write down three specific ways you can intentionally include it in your day, such as wearing a scarf with a comforting texture, placing a favorite photo where you'll see it often, or keeping a soothing scent nearby. Creating these intentional sensory anchors helps reset your nervous system, which may have become attuned to danger signals during traumatic experiences, by providing consistent reminders of safety and pleasure. Remember that seeking comfort through your senses is not frivolous but a fundamental way of communicating safety to your body and rebuilding your capacity for joy after trauma.

This practice honors the wisdom of your body's need for gentle, positive sensory experiences to counterbalance the overwhelming sensations linked to past trauma.

Self-Care Activity:

Incorporate your comfort element intentionally into your day.

Affirmation:

"I deserve to experience comfort and pleasure."

Evening Practice:

Create a sensory kit with items that soothe each sense (something soft to touch, a calming scent, etc.).

Day 7: Celebration of Strength

Morning Reflection - Write about one challenge you've overcome in the past.

In your journal, write about one specific challenge you've overcome in the past. It doesn't need to be dramatic or life-changing, but something that shows your resilience—whether it's getting through a tough day, making a hard decision, or taking a step toward healing. As you write, focus not just on what happened but on the personal strengths you displayed in that situation, such as courage, perseverance, wisdom, creativity, or self-compassion. These strengths are not accidental but vital parts of who you are—qualities that have helped you survive and will continue to support your healing process. Consider creating a simple symbol or word that represents one of those strengths, something you can draw or visualize when you need to remember your ability to overcome challenges.

This practice of recognizing your strengths counters the messages of inadequacy that often come with experiences of abuse, reminding you that you already have everything you need for your healing journey.

Acknowledgment Practice:

List three personal strengths you demonstrated this past week.

Affirmation:

"I am stronger than I know and braver than I believe."

Evening Practice:

Reflect on your journey over the past week, offering yourself compassion and a high-five for completing each task with a sense of achievement.

WEEK 2:
RELEASE –
PROCESSING EMOTIONS AND LETTING GO

Day 8: Permission to Feel

Morning Reflection – Write about an emotion you find difficult to express:

Begin today by creating a safe moment for emotional expression. This could involve lighting a candle, playing gentle music, or simply closing your door—indicating to yourself that this is a protected space and time for genuine feelings. In your journal, write about an emotion that feels hard to express, naming it specifically (anger, grief, shame, fear) and describing where you feel it in your body, along with what triggers it for you. Remember that emotions themselves cannot harm you; they are energy flowing through your body, seeking expression—and suppressing them requires a lot of energy that could be used for your healing. Give yourself clear permission to feel this emotion today by writing or speaking aloud, “I give myself permission to feel [insert emotion] without judgment, knowing it is a natural response to my experiences and holds wisdom for my healing.”

This act of acknowledging difficult emotions begins to dissolve the shame that often accompanies them, especially emotions like anger or rage that may have been dangerous to express in an abusive environment.

Expressive Activity:

Express that emotion through drawing, dancing, or vocalizing in private.

Affirmation:

“I give myself permission to feel all my emotions.”

Evening Practice:

Write a letter to your emotion (not to be sent), acknowledging its presence.

Day 9: Grief and Honoring

Morning Reflection – Acknowledge one loss or change you’ve experienced:

Take a moment this morning to acknowledge a specific loss you’ve experienced due to being victimized—perhaps it's the loss of safety, trust, relationships, opportunities, time, or a sense of self—allowing yourself to identify it clearly instead of keeping it vague. Create a simple ritual to honor this loss, like lighting a candle, placing a stone somewhere meaningful, writing a brief letter, or any other symbolic gesture that feels significant to you. Remember, grieving is not a sign of weakness or being “stuck in the past,” but a vital process of recognizing what happened and how it has affected your life. While doing this ritual, notice any sensations in your body (such as heaviness, tightness, tears) and let them be present without rushing to change them, understanding that feeling grief is part of making space for new growth.

This act of honoring your losses affirms your experience and prepares room for new possibilities, much like clearing a garden of weeds and debris helps new seeds grow.

Ritual Activity:

Create a small memorial for acknowledgment of the loss.

Affirmation:

“My grief honors what mattered to me.”

Evening Practice:

Spend 30 minutes engaging in a self-soothing activity (such as being wrapped in a weighted blanket, rocking gently, or humming).

Day 10: Anger as Energy

Morning Reflection – Write about something that makes you justifiably angry:

Begin by creating a physically safe space where you can express anger without causing harm to yourself or others—perhaps gathering pillows to punch, paper to tear, or finding a private area where you can stomp or make noise. Take a moment to write about something that justifiably makes you angry, being specific about boundary violations, injustices, or harm you experienced, and acknowledge that your anger is a healthy response to those wrongs. Remember that anger, when acknowledged and used constructively, provides vital energy for setting boundaries, making changes, and protecting yourself from further harm. After physically expressing your anger in your chosen safe way, place your hand on your heart and thank your anger for the information and energy it provides, recognizing it as a guardian emotion that signals when something important has been violated.

This practice helps transform anger from a frightening or shameful emotion into a source of empowerment and clarity that can fuel positive actions in your healing journey.

Physical Release:

Engage in safe anger release, such as punching pillows, tearing papers, or stomping your feet.

Affirmation:

“My anger is information and energy for positive change.”

Evening Practice:

Turn negative energy into a small positive act (for example, after angrily punching pillows, fluff them and gently put them back in place).

Day 11: Shame Release

Morning Reflection – Notice one negative thought you have about yourself:

Start your day by writing down one negative thought you have about yourself—perhaps something you believe is inherently wrong with you or something you blame yourself for—allowing yourself to put this thought on paper without censoring it. Next, draw a line down the page and write a compassionate response from your wisest, most loving self, addressing yourself by name and offering the understanding you would give to a close friend who shared a similar belief. Remember that shame thrives in isolation and secrecy, and simply bringing those thoughts into the light by writing them down begins to diminish their power over you. Consider whether this negative belief originated from messages you received from others, especially those who harmed you, rather than from your true self-assessment.

This practice of separating your identity from the harmful messages you’ve internalized is a powerful step in reclaiming your authentic self from the distortions caused by abuse.

Reframing Exercise:

Write your negative thought, and then immediately write a compassionate response to yourself.

Affirmation:

“I am not defined by what happened to me.”

Evening Practice:

Spend 30 minutes on a self-forgiveness session, maybe adding soft music and a scented candle to enhance the experience.

Day 12: Trust Rebuilding

Morning Reflection – Write about one way you can show up for yourself today:

Today, choose one small, specific promise you can make to yourself—such as drinking a glass of water when you wake up, taking a five-minute break every two hours, or speaking kindly to yourself when you make a mistake. Write down the promise and place it somewhere visible, treating this commitment to yourself with the same seriousness as a promise made to someone you deeply respect and care for. Remember that trust is rebuilt through consistent, small actions rather than grand gestures, and every time you keep your word to yourself, you strengthen the foundation of self-trust that may have been broken by past betrayals. At the end of the day, take a moment to reflect on how you kept your promise, noting any challenges and how you navigated them.

This practice of making and keeping small promises gradually restores your relationship with yourself and teaches your nervous system that you are now someone who can be relied upon to respond to your needs.

Self-Promise Activity:

Make a small promise to yourself... and keep it.

Affirmation:

“I am building a trusting relationship with myself.”

Evening Practice:

Acknowledge how you kept your promise to yourself. Write it down in your journal for future reflection.

Day 13: Freedom in Forgiveness

Morning Reflection – Consider what forgiveness means to you (not forgetting or excusing):

Take a moment this morning to reflect on what forgiveness means to you personally. Recognize that it does not mean forgetting what happened, excusing harmful behavior, or reconciling with someone who hurt you. In your journal, explore which aspects of your experience you might be ready to begin releasing—not for the benefit of those who harmed you, but for your own freedom from carrying the weight of those experiences. Consider writing about what emotions, beliefs, or patterns you’ve developed in response to harm that no longer serve your well-being and healing. Visualize those burdens as heavy stones in a backpack you’ve been carrying, and imagine setting down that weight, feeling the relief in your body as you release what you no longer need to carry.

This practice acknowledges that forgiveness is a personal, often gradual process undertaken for your own liberation, not an obligation or a single event, and that you can release the grip of painful experiences in your present life without diminishing the reality of what occurred.

Writing Exercise:

Write about what “letting go” might free within you.

Affirmation:

“I release what no longer serves my healing.”

Evening Practice:

Visualize placing a heavy burden down. Clearly identify the burden and imagine yourself being released from its hold.

Day 14: Integration Day

Morning Reflection – Review your insights from the past two weeks:

Start by reviewing your journal entries and reflections from the past two weeks, noting patterns, insights, or shifts in how you relate to yourself and your experiences. Create a simple symbol, image, or word that represents your journey so far—perhaps a tree beginning to bud, a door slightly opening, or a heart with scars and new growth—allowing this creative expression to come forth without judgment or concern for artistic skill. Take a moment to acknowledge both the wounds you carry and the healing you’re nurturing, recognizing that both are part of your story and that addressing your pain with compassion is itself a powerful act of healing. Place your hands on your heart and offer yourself appreciation for showing up over the past two weeks of practice, recognizing the courage it takes to turn toward difficult experiences rather than away from them.

This practice of integration helps weave your experiences and insights into a coherent story, creating meaning from what might have felt fragmented or overwhelming.

Creative Expression:

Create a symbol or image representing your journey so far.

Affirmation:

“I honor both my wounds and my healing.”

Evening Practice:

Gently massage your hands and feet while expressing gratitude to them.

WEEK 3:
RECLAMATION –
REDISCOVERING YOUR AUTHENTIC SELF

Day 15: Values Exploration

Morning Reflection – List three values that are important to you now:

Begin your day with a few deep breaths to center yourself, then ask, “What matters most to me right now, in this chapter of my life?” Let three core values come to mind naturally—such as honesty, peace, creativity, connection, or others that genuinely resonate with you—and write each one down along with why it feels significant at this moment. For each value, choose a small, specific action you can take today to honor it, like telling yourself a brutal truth (honesty), spending five minutes in silence (peace), or expressing yourself through any creative outlet (creativity). Remember that clarifying your values helps you make choices aligned with your true self instead of decisions driven by fear, habits, or others’ expectations.

This practice of identifying and living your values re-establishes your connection to your inner compass, which may have been ignored or overridden during times when your sense of agency was compromised.

Alignment Activity:

Choose one small action that honors each of the values you identified.

Affirmation:

“I live in alignment with what truly matters to me.”

Evening Practice:

Reflect on the moments today when you felt most authentic. Write down what made each one significant.

Day 16: Voice Recovery

Morning Reflection – Write about something you need to express:

Find a quiet, private space where you feel safe to speak aloud, and take a moment to identify something you need to express—a truth, need, boundary, or feeling that has remained unspoken. Write this truth in your journal first, allowing yourself to find the words that most accurately capture what you want to communicate, without worrying about how others might receive it. When you're ready, speak those words aloud to yourself, noticing how your voice feels in your body—perhaps shaky, quiet, strong, or emotional—and letting whatever arises be present without judgment. Remember that finding and using your voice is a powerful act of reclaiming yourself after experiences where your voice may have been silenced, dismissed, or punished.

This practice rebuilds your relationship with your own voice as a tool for your truth and agency, reminding you that you have the right to express your needs, feelings, and boundaries in the world.

Practice Exercise:

Speak your truth aloud, even if only to yourself.

Affirmation:

“My voice matters and deserves to be heard.”

Evening Practice:

Hum or sing a comforting, familiar song from start to finish, feeling the vibration of the act in your throat.

Day 17: Pleasure Reclamation

Morning Reflection – List three simple things that bring you joy:

Begin by recognizing that pleasure and joy are your birthright, not luxuries, and that reclaiming your ability to enjoy life is an essential part of healing from trauma that may have disconnected you from positive experiences. In your journal, list at least three simple sources of pleasure that feel accessible to you now—perhaps the warmth of sunlight on your skin, the taste of a favorite food, the sound of music you love, or the satisfaction of creating something with your hands. Select one of those pleasures to experience mindfully today, setting aside time to engage with it using all your senses, noticing colors, textures, sounds, scents, and physical sensations without rushing. Remember that trauma can narrow your focus to threat and survival. Intentionally expanding your awareness to include pleasure helps rewire your nervous system toward safety and well-being.

This practice of mindful enjoyment counters the hypervigilance and numbness often associated with trauma, gradually restoring your ability to be fully present for the joyful parts of life.

Intentional Practice:

Experience one of your chosen joys mindfully today, as often as possible.

Affirmation:

“I deserve to experience joy and pleasure.”

Evening Practice:

Savor a piece of chocolate (dark or milk) or a favorite fruit with your full attention.

Day 18: Body Reconnection

Morning Reflection – Thank your body for one thing it does for you:

Place your hands on your heart, take three deep breaths, and silently thank your body for one thing it does for you without conscious effort—like circulating blood, healing wounds, digesting food, or letting you feel the warmth of the sun. Choose a gentle movement that appeals to you today, whether it's stretching, dancing to a favorite song, walking mindfully, or flowing through simple yoga poses, paying attention to how the movement feels from the inside rather than how it looks from the outside. As you move, stay curious and compassionate about the sensations in your body, noticing areas of tension, ease, strength, or vulnerability without judgment or the need to change anything. Remember that reconnecting with your body after trauma is a slow process that happens through consistent, gentle attention rather than force or criticism.

This practice helps reestablish your body as a safe place to inhabit after experiences that may have made it feel unsafe or disconnected from your sense of self.

Movement Practice:

Engage in a gentle dance or stretch to music you love.

Affirmation:

“I inhabit my body with compassion and gratitude.”

Evening Practice:

Find a comfortable spot to relax while tensing and releasing each muscle group from your head down to your toes.

Day 19: Creative Expression

Morning Reflection – Notice what wants to be expressed within you:

Start this day with a few moments of silence to notice what desires you have that want to be expressed—perhaps an emotion, a memory, a hope, or simply a color or shape that reflects your current experience. Choose any creative activity that feels accessible and appealing, whether it's drawing, writing, movement, sound, or arranging objects. Remember, this expression is for your healing, not for an audience, so there's no need for it to be "good" by external standards. Set a timer for 15 minutes and allow yourself to create without planning or judging the outcome, following your intuition and curiosity instead of trying to produce something specific. Keep in mind that creativity bypasses the analytical mind and accesses parts of your experience that might not be readily available through logical thinking, offering a pathway to insights and healing that complement more cognitive approaches.

This practice honors your natural creative capacity as a source of healing, enabling you to express and process experiences that may be hard to put into words.

Creative Activity:

Spend 15 minutes engaging in a creative activity without judgment.

Affirmation:

"My creativity is a healing force."

Evening Practice:

Appreciate something beautiful you encountered today. Write about it in your journal.

Day 20: Choice Empowerment

Morning Reflection – Identify three choices you have today, no matter how small:

Start your day by identifying three specific choices available to you today, no matter how small—like what to wear, when to take a break, which route to walk, or how to respond to a message. For each choice, take a moment to deliberately decide, rather than acting automatically, and pay attention to how it feels in your body during these small moments. Remember that trauma, especially in controlling relationships, can reduce your sense of choice, making it important to reclaim your decision-making power through regular practice with everyday choices. Throughout the day, pause before acting to ask yourself, “What do I truly want in this moment?”—letting your authentic preferences guide your decisions rather than habits or others’ expectations.

This practice of making mindful choices rebuilds your confidence in your judgment and reinforces your right to shape your experience based on your own needs, desires, and values.

Intentional Practice:

Make three choices intentionally and notice how it affects your feelings.

Affirmation:

“Each choice I make strengthens my personal power.”

Evening Practice:

Reflect deeply on how it felt to make conscious choices throughout the day. Write about the experiences in your journal.

Day 21: Identity Exploration

Morning Reflection - Complete the sentence, “Beyond my past, I am...”

Begin today by completing the sentence: “Beyond my past, I am...” and allow yourself to identify parts of your identity that exist independently of your experiences of trauma or the labels others may have given you. In your journal, make a list of qualities, interests, values, and dreams that feel genuinely yours, including both traits you currently embody and those you’re in the process of reclaiming or developing. Think about which parts of yourself were present before experiencing harm, which ones became strengths through surviving tough circumstances, and which are newly emerging as part of your healing process. Remember that trauma can narrow your sense of self to just focus on survival, and intentionally expanding your self-view to include your full humanity is a powerful act of reclaiming yourself.

This practice helps counteract the limiting effects of trauma on your identity, reminding you that while your experiences influence you, they do not define or restrict who you are or who you can become.

Writing Exercise:

List qualities you’re rediscovering or embracing about yourself.

Affirmation:

“I am continuously discovering who I truly am.”

Evening Practice:

Create a vision board (physical or mental) of the qualities you’re cultivating.

WEEK 4:
REBUILDING –
CREATING YOUR FUTURE

Day 22: Boundary Reinforcement

Morning Reflection – Identify one boundary you'll practice today:

Begin by choosing one specific boundary to practice maintaining today, whether it's physical (such as needing personal space), emotional (limiting exposure to certain topics), mental (protecting your focus), or spiritual (honoring your beliefs). Take a moment to clearly define what this boundary looks like in practice, what signals will indicate it's being approached or crossed, and how you'll respond if that happens. Practice expressing this boundary aloud in front of a mirror, using clear, direct language that highlights what you need rather than blaming or criticizing others—such as, “I need to end this conversation now,” instead of, “You're talking too much.” Remember that feeling discomfort when setting boundaries is normal after past experiences where asserting your needs may have been risky. This discomfort isn't a sign that you should give up your boundary; it's evidence of your growth.

This process of identifying, expressing, and maintaining boundaries rebuilds your sense of personal sovereignty and teaches others how to relate to you in ways that support, rather than undermine, your well-being.

Communication Practice:

Role-play expressing a boundary with compassion.

Affirmation:

“Setting boundaries is an act of self-respect.”

Evening Practice:

Celebrate a moment today when you honored your needs.

Day 23: Support Connection

Morning Reflection – Identify one person who supports your healing:

Today, recognize that seeking support is a sign of strength and wisdom, not weakness, and that connecting with others who respect your journey is a vital part of healing from the isolation often associated with domestic violence. Identify one person in your life who has shown respect for your boundaries, validated your experiences, and supported your healing—someone you trust to respond with compassion rather than judgment or unwanted advice. Think of one small, specific way you could reach out to that person today that feels manageable and safe for you, whether it's sending a quick text, making a phone call, sharing a cup of tea, or simply letting them know you're thinking of them. Keep in mind that rebuilding trust takes time and happens gradually through consistent, small interactions that are safe, not through immediate deep disclosure or dependence.

This intentional connection helps counteract the belief that you must handle everything alone—a message often reinforced by abusive relationships that aim to isolate you from potential support.

Reaching Out:

Reach out to your chosen person, even if only for a brief moment.

Affirmation:

“I deserve support and connection.”

Evening Practice:

Write about the difference between isolation and solitude.

Day 24: Future Self

Morning Reflection – Write a letter from your future healed self:

Find a quiet moment to close your eyes and imagine yourself one year from now, having continued your healing journey with compassion and consistency. Visualize specific details about how you're living, what you're doing, how you're relating to yourself and others, and how you're feeling in your body. Write a letter from this future self to your present self, offering wisdom, encouragement, and perspective on the challenges you're currently facing. Allow this wiser part of you to speak with compassion about your journey. After writing the letter, read it aloud and notice which parts resonate most deeply, what guidance feels most helpful, and what qualities of your future self you can start embodying today, even in small ways. Remember that connecting with your future self helps expand your perspective beyond current struggles and reminds you that healing unfolds over time through consistent, small actions rather than immediate transformation.

This practice activates hope in a grounded, practical way by helping you envision and embody the person you are becoming through your healing work.

Embodiment Practice:

Walk, sit, or speak as your future self for five minutes, fully engaging in the process.

Affirmation:

“I am becoming the person I want to be.”

Evening Practice:

Choose a small intention for tomorrow guided by your future self's guidance.

Day 25: Meaning-Making

Morning Reflection – Consider how your experiences have shaped your compassion:

Start this day by reflecting on how your experiences, including the most difficult ones, have shaped your understanding, compassion, and values in ways that could benefit not only yourself but also others on similar paths. In your journal, consider one specific way your healing journey might someday allow you to help others' well-being, whether through formal support roles, creative expression, advocacy, or simply being a more authentic presence in your relationships. Remember that finding meaning in tough experiences doesn't lessen their impact or mean they happened "for a reason," but instead shows your own empowered choice to create value from what you've endured and learned. Think of one small step you can take today toward this meaningful contribution, knowing that your healing spreads outward in ways you might not even realize.

This practice of meaning-making helps turn experiences of victimization into a story of empowerment and purpose, where you become the author of your story rather than just the subject of someone else's actions.

Writing Exercise:

Write about how one of your experiences might benefit others.

Affirmation:

"My story has meaning and purpose."

Evening Practice:

Reflect on how your experiences can help others who are suffering.

Day 26: Safety Planning

Morning Reflection – Identify what helps you feel safe right now:

Begin by recognizing that creating safety for yourself is an ongoing practice that covers physical, emotional, mental, and spiritual aspects, all of which deserve your careful attention. Take time to identify specific things that help you feel safe now, such as certain people, places, practices, or resources, and think about how you can intentionally include more of those safety-enhancing factors into your daily routine. Review or develop your personal safety plan, including practical strategies for maintaining physical safety, emotional regulation techniques for moments of distress, and clear links to support resources you can reach out to when needed. Remember that having a safety plan isn't pessimistic but a form of self-care that recognizes both your vulnerability and your ability to protect yourself.

This intentional safety planning process respects the wisdom you've gained from your experiences while reinforcing your rights and capabilities to create conditions where you can not only survive but truly thrive.

Practical Exercise:

Create or review your personal safety plan.

Affirmation:

"I have the wisdom to protect myself."

Evening Practice:

Visualize navigating a challenging situation with your new safety tools.

Day 27: Celebration of Progress

Morning Reflection – List three ways you have grown during this journey:

This morning, start by acknowledging that healing is rarely a straightforward path and that noticing your progress, no matter how minor it may seem, is crucial for maintaining hope and momentum on your healing journey. In your journal, list three specific ways you've grown or changed over the past weeks. Maybe you're more aware of your feelings, better at setting boundaries, more connected to your body, or more compassionate toward yourself during tough moments. Create a simple personal ritual to celebrate those changes, like lighting a candle, placing a stone in a special container, writing yourself a letter of appreciation, or any other meaningful symbolic gesture. Remember that celebrating your progress isn't about toxic positivity or ignoring ongoing challenges, but about acknowledging your courage and persistence in showing up for yourself every day.

This practice of intentional celebration helps counteract the habit of focusing mainly on what's still hard or painful, and it enables you to see evidence of your resilience and growth.

Ritual Activity:

Create a symbol or hold a small ceremony to honor your progress.

Affirmation:

"I celebrate each step of my healing journey."

Evening Practice:

Share an insight of your healing journey with someone you trust or write it down in your journal.

Day 28: Continuing the Journey

Morning Reflection – Write about how you'll continue your "Temple Time":

This 28-day journey has been just one chapter in your ongoing healing process, which will continue to unfold in its own time and way as you move forward with the practices and insights that have been most meaningful for you. Take time to reflect on which daily practices have felt most supportive and resonant for you, identifying three specific activities you'd like to keep integrating into your life beyond this structured program. In your calendar or planner, schedule specific times for those practices in the upcoming week, treating those appointments with yourself as important commitments deserving of your time and energy. Remember that healing occurs through consistent, small actions over time, rather than through sporadic, intense efforts. Additionally, recommitting to your practices each day is more important than performing them flawlessly.

This intentional planning helps bridge the transition from the structured support of this program to your ongoing healing journey, reminding you that you now carry within yourself the wisdom and tools to continue this sacred work of reclaiming and rebuilding your temple—your body, mind, and spirit—one day at a time. From this day forward, your peace and power are truly YOURS!

Commitment Activity:

Schedule regular self-care time for the coming week.

Affirmation:

"I am worthy of ongoing care and compassion."

Evening Practice:

Create a self-care emergency kit (list of practices, supportive contacts, comforting items).

YOUR HEALING JOURNEY DOESN'T END HERE...

Recommended Ongoing Practices:

- ❖ Daily affirmations of self-worth (compose your own).
- ❖ Regular boundary check-ins.
- ❖ Body respect rituals from head to toe.
- ❖ Emotion-naming without judgment.
- ❖ Connections with supportive communities and individuals.
- ❖ Celebrations of small victories—daily, weekly, and monthly.

YOUR HEALING JOURNEY: TRANSFORM FROM SURVIVOR TO ADVOCATE

As we reach the end of this 28-day journey together, remember that what you've begun is not merely a temporary practice but the foundation of a lifelong path. The steps you've taken—establishing safety, processing emotions, reclaiming your authentic self, and rebuilding your future—are sacred stones laid on the path of your ongoing healing.

Every moment you spend honoring your temple creates ripples that reach beyond yourself. When you practice self-compassion, set boundaries, or celebrate your strength, you show yourself and the world that survivors deserve dignity, respect, and peace. Your healing journey, though deeply personal, has a profound impact on our collective understanding of resilience and recovery.

The wisdom you've gained through your experiences—the hard-won insights about safety, boundaries, voice, and self-worth—is a treasure not just for you, but potentially for others walking similar paths. As Day 25 invited you to consider: your experiences have shaped your compassion in unique ways that could illuminate the journey for someone still finding their way through the darkness.

Many survivors find that a natural part of their healing process is moving from just receiving support to also giving it. This change doesn't need grand gestures or official roles; it could start with simply sharing your story when you feel safe to do so, listening carefully when another survivor speaks, or advocating for resources in your community.

This transition is not an obligation but rather an invitation—one you can choose to accept if and when it feels right for you. The timing is entirely up to you. Some find that becoming a supportive presence for others actually enhances their own healing, creating a beautiful cycle where giving and receiving become linked acts of recovery.

There is something profoundly validating about hearing “Me, too” from someone who truly understands. While each survivor's journey is unique, the shared experiences create connections that can reduce isolation and increase hope. When survivors come together—whether in formal support groups, informal friendships, or advocacy efforts—something

transformative occurs: individual stories become a collective testament to both human vulnerability and incredible resilience.

If you feel called to extend your healing journey into advocacy, remember that meaningful impact often begins with small, sustainable actions, such as:

- ❖ Sharing a helpful resource with someone who might need it.
- ❖ Speaking up when you hear myths about domestic violence.
- ❖ Supporting organizations that serve survivors through donations or volunteer work.
- ❖ Practicing trauma-informed communication in all your relationships.
- ❖ Participating in awareness events or campaigns.

Each action you take plants seeds of change that may grow in ways you'll never fully see. A casual conversation could give someone the courage to ask for help. Your visible recovery might serve as silent encouragement for another survivor to believe that healing is possible for them too.

As you consider how your journey might benefit others, remember that the boundaries you've worked hard to establish remain sacred. Advocacy should never come at the cost of your well-being. You get to choose what parts of your story to share, with whom, and when. You can step back when needed and step forward when you're ready. The most powerful advocacy often emerges not from self-sacrifice but from the authentic overflow of your healing journey. When you tend faithfully to your own temple, you naturally generate wisdom, compassion, and energy that can nourish others.

Imagine a world where every survivor has access to the support, resources, and compassion necessary to reclaim their temple—what brings them peace... and their power. This vision becomes closer to reality with each survivor healed and each ally who understands. Together, we form a community of temple-keepers, honoring the sacred worth of ourselves and each other.

Whether your next step is to focus entirely on your ongoing healing or to start reaching out to others, remember that you are part of something bigger than yourself—a quiet revolution of reclaiming and restoring happening in hearts and homes worldwide. As you move forward from this 28-day journey, may you hold onto the unshakable truth that has emerged from these pages: Your peace and strength are truly YOURS—to nurture, to protect, and perhaps someday, to share as a light for others finding their way back to themselves.

Your Healing Matters.

Your Voice Matters.

Your Story Matters.

With profound respect for your journey,

Angela R. Edwards

Founder, Battle-Scar Free Movement, Inc.

www.bsfmovement.org

bsfmovement2016@gmail.com