



Victim Advocate Healing Reflection Worksheet



Use the following prompts to reflect on your personal healing journey. Your awareness, growth, and care matter deeply, both to you and to the people you serve.

- 1. What part of your own story do you still carry into your advocacy work?**
- 2. Have you ever felt overly emotional or disconnected after supporting a victim? What was happening in your life at the time?**
- 3. What are 3 common triggers for you in your work? Where do you feel them in your body?**
- 4. What does it look like when you are close to burnout?**



5. **Who are your safe people to talk to when advocacy work becomes overwhelming?**
6. **What healing practices nourish you emotionally, spiritually, and physically?**
7. **How does unhealed trauma affect your perception of justice, safety, or power?**
8. **What would it look like to honor your healing while still doing this work?**