

Victim Advocate Healing Reflection Worksheet

Use the prompts below to reflect on your personal healing journey. Your awareness, growth, and care matter deeply - both for yourself and for 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?**