

Journal Prompts for Trauma:

Recognizing and Understanding Trauma

1. What specific events or experiences do I consider traumatic in my life?
2. How did I feel during the traumatic event(s)? What emotions were the strongest for me?
3. How did my body react during and after the traumatic event(s)? What physical sensations do I associate with trauma?
4. How has this trauma affected my relationships with others?
5. In what ways has this trauma shaped my view of the world and myself?

Processing Emotions & Triggers

6. What emotions arise when I think about my trauma, and how can I allow myself to feel them without judgment?
7. Are there particular situations, people, or places that trigger memories of my trauma? How do I typically respond to these triggers?
8. What specific thoughts or beliefs do I hold about myself due to my trauma? Are these beliefs accurate or helpful?
9. How can I begin to process these feelings and emotions in a healthy way?
10. What support or coping strategies have I used in the past that have helped me navigate these feelings?

Healing & Self-Care

11. How can I practice self-compassion when I'm reminded of my trauma? What does self-compassion look like for me?
12. What are some positive affirmations I can use to counteract the negative beliefs trauma may have caused?
13. How can I create a safe space for myself when I need time to heal?
14. What activities, people, or environments make me feel calm, safe, or grounded?
15. What self-care practices could I incorporate into my routine to support my healing journey?

Reclaiming Control & Empowerment

16. How can I reclaim my sense of agency or control in my life after experiencing trauma?
17. What strengths have I discovered about myself as I've worked through or lived with trauma?
18. What boundaries do I need to set to protect myself from further harm or emotional distress?
19. How can I focus on my resilience and growth rather than the pain of the trauma?
20. What would healing and peace look like for me, and how can I take small steps toward it each day?