

Journaling Prompts for Trauma

1. What helped me survive my hardest moments? What does that say about me?
2. When I feel triggered, what happens in my body? How can I soothe it?
3. What do I wish someone had said to me back then?
4. How do I protect myself now, and which of those methods still serve me?
5. What does safety mean to me? How do I know when I feel safe?
6. Who do I feel like I have to be to stay safe? Who am I when I feel truly free?
7. What boundaries do I have the right to set today?
8. Write a dialogue between the part of you that is still in pain and the part that wants to heal.