30 HEALING QUESTIONS

Reflective prompts by Jade Flello

WHAT STRENGTH HAVE I DISCOVERED IN MYSELF THROUGH MY EXPERIENCES THAT I DIDN'T KNOW EXISTED?

IN WHAT WAYS HAVE I PUT MY NEEDS SECOND? WHAT MIGHT IT LOOK LIKE TO HONOR MY OWN NEEDS FIRST?

HOW HAS MY DEFINITION OF SAFETY EVOLVED, AND WHAT DO I NEED TO FEEL SAFE NOW?

WHAT WOULD IT FEEL LIKE TO CHOOSE MY OWN HEALING PROCESS?

WHAT WOULD I SAY TO MY YOUNGER SELF WHO HAS EXPERIENCED THE THINGS I HAVE GONE THROUGH?

WHAT DO I NEED TO FEEL SUPPORTED IN MY HEALING, REGARDLESS OF WHAT OTHERS EXPECT OR WANT FROM ME?

WHAT PARTS OF MYSELF HAVE I DISCOVERED OR REDISCOVERED SINCE EXPERIENCING TRAUMA?

HOW DO I DEFINE MY OWN WORTH, SEPARATE FROM OTHERS' OPINIONS OF ME?

WHAT ARE 3 THINGS I HAVE LEARNED ABOUT MYSELF IN THE HEALING PROCESS THAT I WANT TO CARRY FORWARD INTO MY LIFE?

IF I COULD LET GO OF THE FEAR OF DISAPPOINTING OTHERS, WHAT CHOICES WOULD I MAKE FOR MY HEALING TODAY?

WHEN I REFLECT ON THE PAST, WHAT POSITIVE STEPS HAVE I TAKEN TO MOVE FORWARD, NO MATTER HOW SMALL?

HOW HAVE I ALREADY PROTECTED MYSELF IN WAYS I DIDNT RECOGNISE AT THE TIME?

IN WHAT WAYS CAN I SHOW UP FOR MYSELF TODAY THAT I SOMETIMES HOPE OTHERS WOULD?

HOW DO I WANT MY HEALING TO FEEL MOVING FORWARD? WHAT WOULD HEALING LOOK LIKE IF I PRIORITISED MYSELF?

WHEN DO I FEEL MOST POWERFUL OR PEACEFUL IN MY BODY?

WHAT BOUNDARIES CAN I SET TO PROTECT MY PEACE?

HOW WOULD I TREAT MYSELF IF I TRULY BELIEVED I DESERVE UNCONDITIONAL LOVE?

WHAT WOULD IT LOOK LIKE TO MEAUSRE MY HEALING BY SELF-TRUST?

WHAT OLD SURVIVAL STRATEGIES CAN I NOW RELEASE BECAUSE THEY NO LONGER SERVE ME?

HOW CAN I CELEBRATE MYSELF TODAY, SIMPLY BY BEING?

WHAT FORGIVENESS (FOR MYSELF OR OTHERS) FEELS RIGHT FOR ME AT THIS STAGE, IF ANY?

HOW HAS MY EMPATHY OR UNDERSTANDING OF MYSELF GROWN THROUGH MY OWN HEALING?

WHAT WORDS OR IMAGES REPRESENT MY HEALING JOURNEY SO FAR?

WHAT QUALITIES DO I HAVE THAT I VALUE IN OTHERS?

IN WHAT WAYS HAVE I PROVEN I CAN TRUST MYSELF, AND WHAT DO I NEED TO REMEMBER TO TRUST MYSELF MORE OFTEN?

IF FEAR WASN'T HOLDING ME BACK, WHAT WOULD I ALLOW MYSELF TO PURSUE?

WHAT PARTS OF MY STORY CAN I WRITE FOR MYSELF NOW?

HOW CAN I HONOR WHO I AM AND WHAT I HAVE EXPERIENCED WHILST STILL ALLOWING MYSELF TO GROW?

WHAT HOPES, GOALS OR DREAMS DO I HAVE FOR THE FUTURE?

HOW CAN I SHOW LOVE TO THE MOST AUTHENTIC VERSION OF MYSELF EVERY DAY?

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