

### 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?

