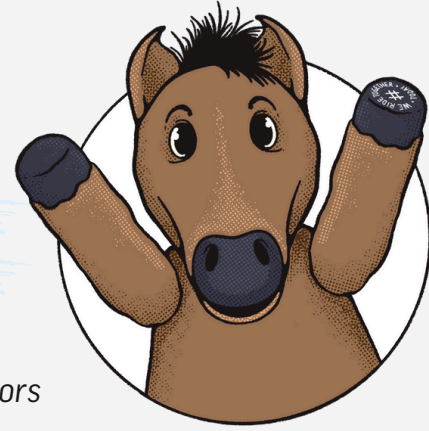


JOURNAL *prompts*



The following prompts are designed to aid victims/survivors in processing and healing experiences of abuse.

JOURNALING TIPS:

IT'S A TOOL

Writing can be a tool for self-reflection and working through difficult thoughts and feelings.

SAFE SPACE

Set yourself up to journal in a private and calm space. Grab a cup of tea or a blanket. Maybe put on your favorite or relaxing music in the background.

NO RULES

Journaling is just for you! There are no rules or right or wrong when it comes to what you write. It can be a safe place for honest processing, releasing, and integrating your experiences.

SELF-CARE

Exercise self-care around your journaling. Seek support as needed from safe adults and additional resources. Remember, you are not alone.

TAKE BREAKS

Set a timer and take breaks. Journaling can be done in small doses over time when you feel up to it.

TIME FOR YOU

Use these pages to journal, or write your reflections on your phone or sticky notes, speak them out loud, or add pictures and drawings. Use trial and error to find what works best.

JOURNAL

prompts

What do you wish others knew about what you are experiencing right now? (You do not have to actually tell them, or share this with them.) What are you thinking about or feeling about your experience that does not make sense to you? What would you like to better understand about your experience?

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JOURNAL

prompts

Describe your safe or “happy place.” Where would you like to be? What place can you visualize in your mind when you are feeling strong emotions and need to recenter yourself. This can be somewhere in real life that you have been or may want to go to, or can be an imaginary place with all your favorite things.

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JOURNAL

prompts

Create your own three short mantras or short phrases. You can repeat these mantras anytime throughout the day or in the middle of the night if you can't sleep. These sayings can serve as an anchor and help your brain and body regulate in times of discomfort or troubling thoughts.

For example: "I am okay," "I am getting through this," "I got this." It can be helpful to reverse engineer your mantras if you are getting stuck by asking yourself what you need or reflecting on how you would like to feel.

1

2

3

JOURNAL

prompts

If your best friend or a loved one were going through what you are going through, what would you tell them, or what words of support would you give them? What may you want to do or say to help them get through this hard experience?

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JOURNAL

prompts

How do you feel in your body? What sensations or tension do you feel in certain parts of your body? Do parts of your body feel empty or disconnected? Reflect on how you feel in your body after what you experienced compared to before your experience. If you could use a magic wand, describe how you would like to feel in your body?

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JOURNAL

prompts

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JOURNAL prompts

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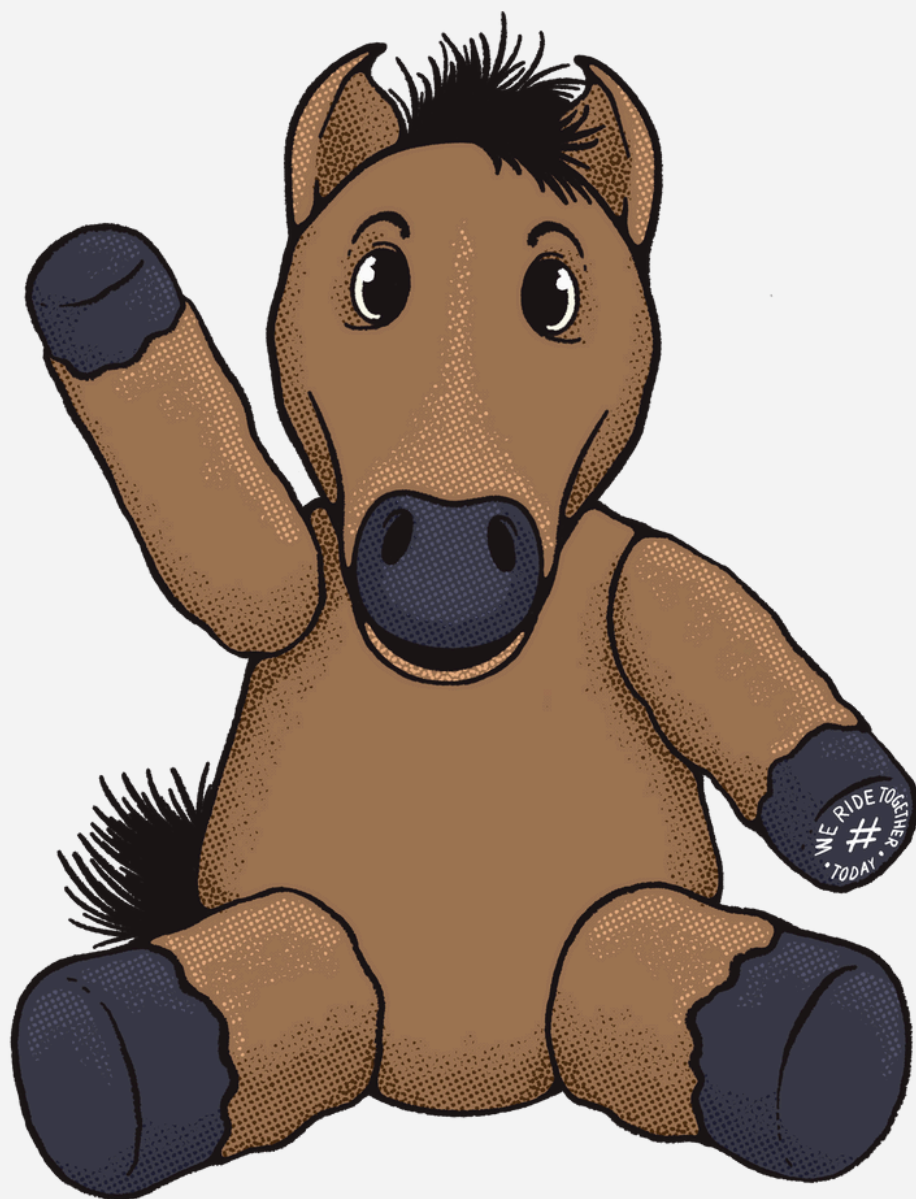
prompts

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prompts

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If you need support, please visit
www.WeRideTogether.today and use our
Crisis Resources or **Resources** for assistance.



You are not alone.

#WeRideTogether