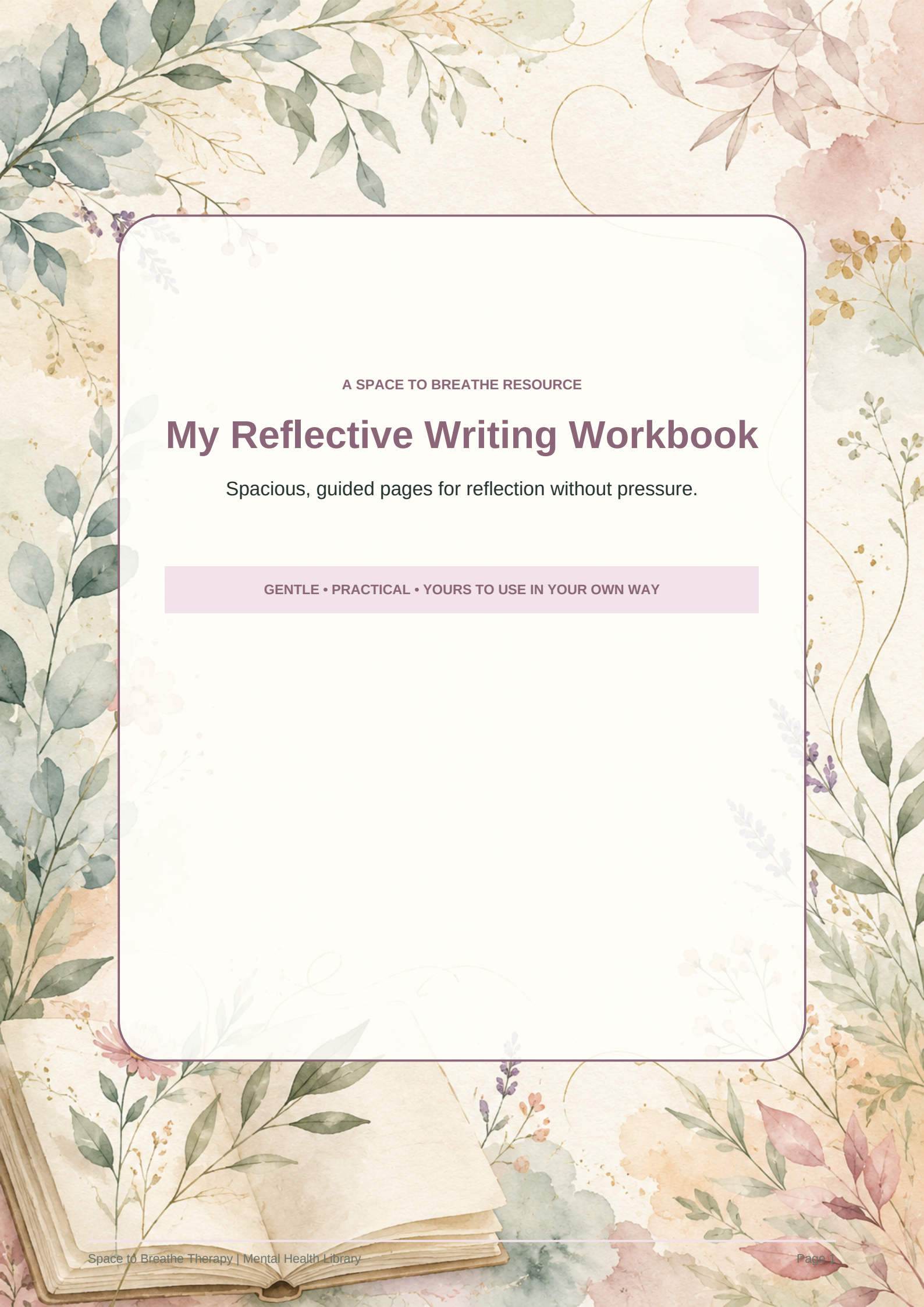




A SPACE TO BREATHE RESOURCE

My Reflective Writing Workbook

Spacious, guided pages for reflection without pressure.

GENTLE • PRACTICAL • YOURS TO USE IN YOUR OWN WAY

How to use this workbook

Choose one page that matches what you need today. You do not need to work through the pages in order. Set a short timer, write honestly but gently, and stop before you feel flooded.

Your agreement with yourself

I may pause, skip a question, change the subject or finish early. My safety matters more than completing the exercise.

What would make reflective writing feel safer or easier for me?

1. Arriving in the present

Right now, my mind feels...

In my body, I notice...

The support I need before I continue is...

2. Understanding a recent moment

What happened? Keep this part factual and brief.

What did I think, feel and notice in my body?

What mattered to me in that moment?

3. Needs beneath the feeling

Feelings can carry information. They may point towards a need for safety, respect, rest, clarity, belonging, autonomy, comfort or repair.

The strongest feeling was...

If this feeling could speak, it might say...

The need beneath it may be...

4. A kinder inner response

The harsh or worried thought says...

What facts support it, and what facts do not?

If someone I cared about felt this way, I would say...

A fairer sentence I can offer myself is...

5. Patterns without blame

A situation that often drains, triggers or overwhelms me is...

Early signs I may be reaching my limit are...

What has helped even slightly before?

One adjustment or boundary worth trying is...

6. Recognising strengths and progress

Something difficult I have been carrying is...

What helped me keep going?

A strength I used - even if it did not feel like strength - was...

Something I want to acknowledge in myself today is...

7. My gentle next step

What is within my control today?

What can wait, be shared or be released?

My smallest realistic next step is...

The support I may ask for is...

Close with care

Take one slow breath if that feels comfortable. Look around the room. Remind yourself: "I have finished for today. I can return only if and when I choose."