

6-Week Emotional Healing & Empowerment Workbook

Client Name:

Week 1: Identifying Automatic Thoughts

Trigger / Situation:

Automatic Thought:

Truth-Based Reframe:

Week 2: Journaling Prompts — 'Finding My Voice'

Where in my life do I silence myself?

What emotions arise when I imagine using my voice?

What would healthy assertive love look like for me?

Week 3: Self-Compassion Exercise

If my child felt this way, what would I say to them?

How does this reveal what I deserve?

Week 4: Assertive Sentence Practice (Write or Affirm)

Examples:

- My feelings matter.
- I am allowed to speak respectfully and honestly.
- Silence is not peace; communication is peace.

Week 5: Boundary Practice

Boundary I practiced this week:

How it felt afterwards:

Week 6: Scripture Reflection

Verse of the Day:

Reflection: