

## **12-Week Trauma, Attachment & Self-Esteem Recovery Workbook**

This structured program integrates Cognitive Behavioral Therapy, Schema Therapy, and Christian spiritual integration.

### **HOW TO USE THIS WORKBOOK**

1. Complete one week at a time. Do not skip ahead.
2. Spend 20–30 minutes daily on exercises.
3. Be honest and reflective—this is your healing space.
4. Use Scripture reflections for emotional regulation and identity repair.
5. Revisit previous weeks if triggered.

### **WEEK 1**

Daily Instructions:

- Identify emotional triggers
- Complete cognitive restructuring
- Journal using prompts
- Reflect on Scripture

### **Cognitive Restructuring Steps**

1. Situation: What happened?
2. Thought: What did you tell yourself?
3. Emotion: What did you feel?
4. Challenge: Is this thought 100% true?
5. Replace: What is a healthier truth?

### **Schema Reflection**

Which schema showed up? (Defectiveness / Abandonment / Subjugation)

### **Journaling Prompt**

Write about a recent relationship pattern and what you felt.

### **Scripture Reflection**

Meditate on: 'You are fearfully and wonderfully made' (Psalm 139:14)

## **WEEK 2**

Daily Instructions:

- Identify emotional triggers
- Complete cognitive restructuring
- Journal using prompts
- Reflect on Scripture

### **Cognitive Restructuring Steps**

1. Situation: What happened?
2. Thought: What did you tell yourself?
3. Emotion: What did you feel?
4. Challenge: Is this thought 100% true?
5. Replace: What is a healthier truth?

### **Schema Reflection**

Which schema showed up? (Defectiveness / Abandonment / Subjugation)

### **Journaling Prompt**

Write about a recent relationship pattern and what you felt.

### **Scripture Reflection**

Meditate on: 'You are fearfully and wonderfully made' (Psalm 139:14)

## **WEEK 3**

Daily Instructions:

- Identify emotional triggers
- Complete cognitive restructuring
- Journal using prompts
- Reflect on Scripture

### **Cognitive Restructuring Steps**

1. Situation: What happened?
2. Thought: What did you tell yourself?
3. Emotion: What did you feel?
4. Challenge: Is this thought 100% true?
5. Replace: What is a healthier truth?

### **Schema Reflection**

Which schema showed up? (Defectiveness / Abandonment / Subjugation)

### **Journaling Prompt**

Write about a recent relationship pattern and what you felt.

### **Scripture Reflection**

Meditate on: 'You are fearfully and wonderfully made' (Psalm 139:14)

## **WEEK 4**

Daily Instructions:

- Identify emotional triggers
- Complete cognitive restructuring
- Journal using prompts
- Reflect on Scripture

### **Cognitive Restructuring Steps**

1. Situation: What happened?
2. Thought: What did you tell yourself?
3. Emotion: What did you feel?
4. Challenge: Is this thought 100% true?
5. Replace: What is a healthier truth?

### **Schema Reflection**

Which schema showed up? (Defectiveness / Abandonment / Subjugation)

### **Journaling Prompt**

Write about a recent relationship pattern and what you felt.

### **Scripture Reflection**

Meditate on: 'You are fearfully and wonderfully made' (Psalm 139:14)

## **WEEK 5**

Daily Instructions:

- Identify emotional triggers
- Complete cognitive restructuring
- Journal using prompts
- Reflect on Scripture

### **Cognitive Restructuring Steps**

1. Situation: What happened?
2. Thought: What did you tell yourself?
3. Emotion: What did you feel?
4. Challenge: Is this thought 100% true?
5. Replace: What is a healthier truth?

### **Schema Reflection**

Which schema showed up? (Defectiveness / Abandonment / Subjugation)

### **Journaling Prompt**

Write about a recent relationship pattern and what you felt.

### **Scripture Reflection**

Meditate on: 'You are fearfully and wonderfully made' (Psalm 139:14)

## **WEEK 6**

Daily Instructions:

- Identify emotional triggers
- Complete cognitive restructuring
- Journal using prompts
- Reflect on Scripture

### **Cognitive Restructuring Steps**

1. Situation: What happened?
2. Thought: What did you tell yourself?
3. Emotion: What did you feel?
4. Challenge: Is this thought 100% true?
5. Replace: What is a healthier truth?

### **Schema Reflection**

Which schema showed up? (Defectiveness / Abandonment / Subjugation)

### **Journaling Prompt**

Write about a recent relationship pattern and what you felt.

### **Scripture Reflection**

Meditate on: 'You are fearfully and wonderfully made' (Psalm 139:14)

## **WEEK 7**

Daily Instructions:

- Identify emotional triggers
- Complete cognitive restructuring
- Journal using prompts
- Reflect on Scripture

### **Cognitive Restructuring Steps**

1. Situation: What happened?
2. Thought: What did you tell yourself?
3. Emotion: What did you feel?
4. Challenge: Is this thought 100% true?
5. Replace: What is a healthier truth?

### **Schema Reflection**

Which schema showed up? (Defectiveness / Abandonment / Subjugation)

### **Journaling Prompt**

Write about a recent relationship pattern and what you felt.

### **Scripture Reflection**

Meditate on: 'You are fearfully and wonderfully made' (Psalm 139:14)

## **WEEK 8**

Daily Instructions:

- Identify emotional triggers
- Complete cognitive restructuring
- Journal using prompts
- Reflect on Scripture

### **Cognitive Restructuring Steps**

1. Situation: What happened?
2. Thought: What did you tell yourself?
3. Emotion: What did you feel?
4. Challenge: Is this thought 100% true?
5. Replace: What is a healthier truth?

### **Schema Reflection**

Which schema showed up? (Defectiveness / Abandonment / Subjugation)

### **Journaling Prompt**

Write about a recent relationship pattern and what you felt.

### **Scripture Reflection**

Meditate on: 'You are fearfully and wonderfully made' (Psalm 139:14)

## **WEEK 9**

Daily Instructions:

- Identify emotional triggers
- Complete cognitive restructuring
- Journal using prompts
- Reflect on Scripture

### **Cognitive Restructuring Steps**

1. Situation: What happened?
2. Thought: What did you tell yourself?
3. Emotion: What did you feel?
4. Challenge: Is this thought 100% true?
5. Replace: What is a healthier truth?

### **Schema Reflection**

Which schema showed up? (Defectiveness / Abandonment / Subjugation)

### **Journaling Prompt**

Write about a recent relationship pattern and what you felt.

### **Scripture Reflection**

Meditate on: 'You are fearfully and wonderfully made' (Psalm 139:14)

## **WEEK 10**

Daily Instructions:

- Identify emotional triggers
- Complete cognitive restructuring
- Journal using prompts
- Reflect on Scripture

### **Cognitive Restructuring Steps**

1. Situation: What happened?
2. Thought: What did you tell yourself?
3. Emotion: What did you feel?
4. Challenge: Is this thought 100% true?
5. Replace: What is a healthier truth?

### **Schema Reflection**

Which schema showed up? (Defectiveness / Abandonment / Subjugation)

### **Journaling Prompt**

Write about a recent relationship pattern and what you felt.

### **Scripture Reflection**

Meditate on: 'You are fearfully and wonderfully made' (Psalm 139:14)

## **WEEK 11**

Daily Instructions:

- Identify emotional triggers
- Complete cognitive restructuring
- Journal using prompts
- Reflect on Scripture

### **Cognitive Restructuring Steps**

1. Situation: What happened?
2. Thought: What did you tell yourself?
3. Emotion: What did you feel?
4. Challenge: Is this thought 100% true?
5. Replace: What is a healthier truth?

### **Schema Reflection**

Which schema showed up? (Defectiveness / Abandonment / Subjugation)

### **Journaling Prompt**

Write about a recent relationship pattern and what you felt.

### **Scripture Reflection**

Meditate on: 'You are fearfully and wonderfully made' (Psalm 139:14)

## **WEEK 12**

Daily Instructions:

- Identify emotional triggers
- Complete cognitive restructuring
- Journal using prompts
- Reflect on Scripture

### **Cognitive Restructuring Steps**

1. Situation: What happened?
2. Thought: What did you tell yourself?
3. Emotion: What did you feel?
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### **Scripture Reflection**

Meditate on: 'You are fearfully and wonderfully made' (Psalm 139:14)