

Emotional Reconnection & Trauma Healing Workbook

Name one emotion you felt today:

What triggered this feeling?

Describe a moment you began to disconnect or feel numb:

What emotion was underneath the anger, fear, or shutdown?

Rewrite a healthier belief replacing a childhood survival belief:

One vulnerable truth you are willing to express this week:

Inner Child Healing

Write a message to your younger self after the house fire:

What did he need emotionally that he did not receive?

What fear did he carry that still affects you?

Write one sentence of compassion you want him to hear:

Spiritual Identity & Emotional Integration

Scripture Reflection (Ezekiel 36:26):

Identity Statement: 'It is safe for me to feel...'

Identity Statement: 'I am becoming a man who...'

Identity Statement: 'God is healing the part of me that...'

90-Day Growth Commitment: