

12-Week Sexual Trauma Recovery Workbook

Week 1: Safety & Stabilization

Goal: Establish emotional and physical safety.

Exercise: Daily grounding (5-4-3-2-1).

Scripture: Psalm 34:18

Journal: Where do I feel safest?

Week 2: Understanding Trauma

Goal: Psychoeducation on PTSD + nervous system.

Exercise: Track triggers.

Scripture: Isaiah 61:1

Journal: What happens in my body when triggered?

Week 3: Telling the Story (Part 1)

Write pre-trauma context.

Focus on facts, not interpretation.

Journal: What do I remember clearly?

Week 4: Telling the Story (Part 2)

Write trauma event (controlled exposure).

Pause if overwhelmed.

Scripture: Psalm 147:3

Week 5: Telling the Story (Part 3)

Write aftermath and beliefs formed.

Journal: What did I start believing about myself?

Week 6: Cognitive Restructuring

Identify distorted thoughts.

Replace with truth statements.

Scripture: Romans 8:1

Week 7: Shame Processing

Exercise: 'Shame says vs Truth says'

Journal: What am I condemning myself for?

Week 8: Identity Repair

Separate identity from trauma.

Scripture: 2 Corinthians 5:17

Journal: Who am I in Christ?

Week 9: Body Reconnection

Gentle somatic awareness exercises.

Breathing + grounding.

Journal: What does my body need?

Week 10: Boundaries & Empowerment

Define personal boundaries.

Journal: Where can I reclaim my voice?

Week 11: Forgiveness (Optional)

Clarify forgiveness vs reconciliation.

Scripture: Colossians 3:13

Journal: What does release look like?

Week 12: Integration & Living Unbroken

Reflect on growth.

Create future plan.

Scripture: John 8:36