

Reflect & Heal: Guided Prompts for Healing and Self-Discovery

This journal is designed to support you as you explore your inner world. Each prompt invites you to pause, reflect, and connect with the aspects or "parts" of yourself that have helped you survive. (If you're new to parts language, think of these as different sides of you—like the strong side, the scared side, or the protective side.) Go at your own pace. There's no right or wrong way to use this—write, draw, or simply sit with a question.

Tips for Using This Journal

- Set aside quiet, uninterrupted time for reflection.
 - Notice your body's signals as you write—tension, ease, or resistance.
 - Skip prompts that feel too big for now and revisit them when ready.
 - Remember: this is your healing journey. You are in charge of the pace and depth.
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Part 1: Honoring Survival

What helped you survive?

- Who or what carried you through the hardest times?
- Which parts of you stepped forward to protect you?
- What strengths or strategies are you proud of—even if they felt messy?
- What would you say to those protective parts today?
- If your survival strategies had a shape or color, what would they look like?

 *My Strength Symbols: Draw, list, or paste images that represent your resilience.*

 **Part 2: Listening to the Body**

What is your body trying to tell you?

- If your body could speak, what would it say right now?

- Where do you notice comfort or safety in your body?

- Where is there tension or discomfort, and what might those areas need?

- What would it look like to offer your body compassion?

- How does your breathing change when you imagine a safe place?

 *Body Scan Reflection: From head to toe, notice and write down sensations.*

 **Part 3: Needs and Connection**

What do you need from others now?

- What feels nourishing in your relationships? What feels draining?
- If you could ask for support without fear, what would you ask for?
- What boundaries feel important to you right now?
- How can you offer care and comfort to yourself today?
- Imagine your ideal support system. What does it look and feel like?

 *Self-Care Brainstorm: List small, manageable ways you can care for yourself this week.*

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Closing Page

Take a moment to reflect on how it felt to engage with these prompts. What would you like to say to yourself as you close this journal for now?

“No matter how long the night, the dawn will break.” – African Proverb

Remember

This journal is here to help you reflect and heal.

Trust yourself as you navigate your unique journey.