

Journal Prompts

What are the messages you are telling yourself about what you've been through?

i.e. It wasn't that bad, I should be over this by now, others have it worse, etc.

What meaning have you gathered from your experiences?

i.e. it was my fault, I am bad for letting this happen, I deserved this, etc.

Who in your life has had the most say in your understanding of the experience? This could be the person who caused harm (*i.e. them telling you in the moment you deserved it*) or it could be people you told about the experience.

For each person that you told, what were there responses? What did they say when you told them about the experience(s)?



Are there any connections or similarities between how you understand your experience(s) and what you have been told?



If yes, what does this mean to you? How do you undersatnd these connections? What would you like to do with this awareness?

