

These prompts are meant to be like a journaling experience, and doing these prompts may be triggering. Please do them with caution.

#1 - Write a letter to someone who hurt you, or someone who helped you (Obviously, you do not need to send this. I found writing letters very therapeutic, and I hope I can spread that.)

#2 - Write a letter to your past self with words of comfort, advice or support.

#3 - Write about something you've done that makes you proud. (It can be anything, no matter how small it may seem).

#4 - Write about something that makes you *happy*. This could be a hobby, friend, pet, show, book or anything.

#5 - Write about something negative you think about yourself that you know realistically is not true, and talk about why it isn't true.

#6 - Write about your safe space (whether this is a physical place or not) and what it represents to you.

#7 - What have you learned by going through this trauma that now affects the way you make decisions?

#8 - Write about the event in the third person, as though it happened to someone else. Change the location and other minor details. After you've described the event and its effects on the person, think about how thinking about this happening to someone else may change your perspective. Are you able to see your experience as valid when thinking about it happening to someone else? (This prompt may be extremely triggering. Please do with caution.)

#9 - Write about what you would say to someone who hurt you if you were able to in safe circumstances?

#10 - Is there someone/something that has been helpful in your healing? Write about them/it?

Prompts from www.fortraumasurvivors.com