Thrive in Black
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Journal for Healing

SUPPORT JOURNAL

Reflection Worksheet for Survivors

1. What do I need today to feel safe and supported?

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2. What are my emotional triggers and how do I manage them?

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3. Who are the people I can turn to for help, support, or comfort?

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4. What boundaries do I want to set in my life right now?

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5. What does healing look like for me in this moment?

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6. What can I do to show love and care to myself this week?

Journal Page 1

Journal Page 2

Journal Page 3

Journal Page 4

Journal Page 5