

HONORING YOUR STORY

A QUIET PLACE TO REFLECT

**SELF-COMPASSION JOURNALING FOR RECLAIMING YOUR PAIN &
HEALING.**

“REMEMBER: TRAUMA IS NOT A COMPETITION. YOU DO NOT NEED A HIGH-PROFILE HEADLINE OR AN EXTREME STORY TO JUSTIFY YOUR RIGHT TO SAFETY, PEACE, AND RECOVERY. IF IT HURT YOUR SPIRIT, IT MATTERED.”

THE COMPASSIONATE OBSERVER

REFLECTION FOCUS

YOUR REFLECTION

HONORING THE NERVOUS SYSTEM'S TRUTH

REFLECTION FOCUS

YOUR REFLECTION

RECLAIMING THE RIGHT TO GRIEVE

REFLECTION FOCUS

YOUR REFLECTION