

30 Journal Prompts-Recovery

1. Why have you decided to face your abuse now?
2. When you think of your abuse what fears come to mind?
3. What has your abuse stopped you from doing?
4. Are you ready to take responsibility for your part? Why/Why not?
5. What do you want to achieve by facing your abuse?
6. Write about one abuse incident (recovery story).
7. How do you feel, what are your thoughts about your recovery story?
8. What triggers can you identify from your recovery story?
9. What defense mechanisms can you identify from your recovery story?
10. What responsibilities can you identify from your recovery story?
11. Write your child-self a letter about your abuse. How are things different now?
12. Have some of your choices been a reflection of your abuse? Explain.
13. Have you told someone about your abuse? Why/Why not? Are you willing to?
14. If you have not told someone, tell someone and write about how it went.
15. Do you believe you're the victim or the survivor? Explain.
16. Is the abuser still in your life? How does that affect you today?
17. Identify situations you're uncomfortable with that are related to your abuse.
18. How can you change the way you react to your triggers?
19. Write a letter of forgiveness to your abuser.
20. Write a letter of forgiveness to anyone who was indirectly involved with your abuse.
21. Write a letter of forgiveness to yourself.
22. How can you use your abuse to help others?
23. Write a list of reasons of why you deserve to be treated better. Why are you worthy?
24. How can you become a thriver rather than a victim?
25. Define who you are based on self-love and your real self-worth rather than your abuse.
26. Go back to your fears and redefine them.
27. How did the abuse change you as a person?
28. Explain how much stronger you are, now.
29. Describe what type of person you envision yourself to be.
30. How can you develop into that amazing, strong woman you envision?

