

## Journal Prompts for Healing

- What are some lies I have believed about myself because of my trauma, and what truth can I replace them with?
- Describe a time when you felt truly safe. What about that moment made you feel secure?
- Write about a small step you can take today toward your healing journey.
- What emotions come up when I think about forgiveness—toward myself or others?
- List three things God says about me in His Word that I want to hold onto when doubt comes.
- What does healing look like for me, and what areas of my life will be impacted most?

“Then you will know the truth, and the truth will set you free.” — John 8:32