TRAUMA RELEASING

16 JOURNAL PROMPTS



BY THE WORKOUT WITCH

JOURNAL

THE WORKOUT WITCH

THIS

JOURNAL

BELONGS TO:

_____

WELCOME

to the journal

Welcome to the Trauma Releasing Journal. Past trauma can get "stuck" in your mind and body, keeping your nervous system feeling dysregulated. Journaling is such a powerful tool because it heals your limbic system, which is what triggers your fight / flight / freeze reactions when you experience stress or trauma.



The act of journaling moves the feelings of fear, stress, and anxiety from your amygdala to your prefrontal cortex. As journaling becomes a habit, your amygdala becomes calmer and calmer. As you journal, you start to understand the emotions you've experienced, and then you don’t experience these emotions at the same intensity as before.

Journaling is an effective tool for processing and release. We suggest you do 1-2 prompts per day. Try to journal every day or 3 times per week. If you get emotional as you write, don't worry, just let it out.

The Workout Witch

Part I:

DATE :

INNER CHILD HEALING

1

Identifying Your Unmet Needs-

What needs were *not met* during your childhood?

MAKE A LIST OF AS MANY AS YOU CAN THINK OF:

- **BASIC PHYSICAL NEEDS** for a child include: good nutrition, healthcare / regular doctors & dentist appointments, shelter, exercise, sleep.
- **BASIC EMOTIONAL NEEDS** for a child include: love and affection, a stable home environment where routines, expectations, and parent's moods are predictable, validation, respect, and having your emotional needs taken seriously.
- **BASIC SOCIAL NEEDS** for a child are: healthy relationships with peers and adults, a sense of belonging, being included, and being accepted for your natural interests and talents.
- **BASIC COGNITIVE NEEDS** for a child are: access to education, living in a stimulating environment that encourages curiosity and learning, and guidance and support in learning new skills and navigating challenges.
- **BASIC PSYCHOLOGY NEEDS** for a child are: being able to explore your identity and to make your own choices, encouragement to do tasks that helped you feel successful as a child, and being able to express themselves creatively and emotionally in a supportive environment.

ARE THERE ANY OF THESE NEEDS THAT CONTINUE TO BE UNMET NOW?

Part I:

DATE :

INNER CHILD HEALING

Part I:

DATE :

INNER CHILD HEALING

2

Facing Fears-

What fears did your inner child experience?

MAKE A LIST OF THE ONES THAT RESONATE WITH YOU.

- **COMMON FEARS** for children include: fear of abandonment, fear of rejection, fear of failure, fear of conflict, fear of being unlovable, fear of emotional vulnerability, fear of the unknown, and a fear of trusting others.
- **IF YOU GREW UP IN ABUSE**, you may also have: fear of authority figures, fear of trust, fear of intimacy, fear of being alone, fear of expressing your needs / desires, fear of anger, fear of making mistakes, fear of being unworthy, or a fear of specific sounds, places, or situations associated with the abuse

ARE ANY OF THESE FEARS STILL PRESENT IN YOUR LIFE TODAY?

Part I:

DATE :

INNER CHILD HEALING

HOW DO THEY AFFECT YOU NOW?

Part I:

DATE :

INNER CHILD HEALING

3

Healing from Criticism-

What critical messages did you receive as a child?

MAKE A LIST OF EVERYTHING YOU CAN REMEMBER

HOW DID THESE CRITICAL MESSAGES SHAPE YOUR SELF-IMAGE?

Part I:

DATE :

INNER CHILD HEALING

DO ANY OF THESE CRITICAL MESSAGES STILL AFFECT YOU TODAY? HOW SO?

Part I:

DATE :

INNER CHILD HEALING

4

Rewriting Your Story-

If you could rewrite your childhood narrative, what would it look like?

- **WHERE** would you live?
- **WHAT** types of parents would you have?
- **HOW** would you have been supported?
- **WHAT** interests would you have explored if you had the chance to?
- **WHAT** would a Saturday morning look like?
- **HOW** would you feel as a child at home?
- **LASTLY,** *how do you think your life would have changed if you could rewrite your past?*

GET AS SPECIFIC WITH YOUR REWRITTEN CHILDHOOD NARRATIVE AS YOU'D LIKE

Part I:

DATE :

INNER CHILD HEALING

Part I:

DATE :

INNER CHILD HEALING

5

Recognizing Your Power-

How did you feel powerless as a child?

MAKE A LIST OF EVERYTHING THAT RESONATES WITH YOU

- **HERE ARE CONTEXTS FOR HOW CHILDREN FEEL POWERLESS:**

  -strict or authoritarian parenting, not being heard, not being taken seriously, having limited choices over your life, including basic choices like what to wear, eat, or how to spend your time, experiencing abuse, experiencing neglect, struggling in school with little to no support, parental conflicts amongst themselves, divorce, illness of a close family member, parental addiction, undiagnosed mental health issues among parents, persistent bullying at school, single incident traumatic bullying, poverty, discrimination, growing up in a misogynistic family as a woman, incest, parent with anger / rage issues, or experiencing racism

WHAT CAN YOU SAY NOW TO YOUR INNER CHILD TO RECLAIM YOUR CHILD'S POWER?

Part I:

DATE :

INNER CHILD HEALING

WHAT ADVICE OR WORDS OF ENCOURAGEMENT WOULD YOU OFFER TO 5 YEAR OLD YOU?

Part I:

DATE :

INNER CHILD HEALING

6

Identifying Your Protector-

Which archetype jumped in to protect you as a child?

LIST ALL OF THE ONES YOU RESONATE WITH AND THEN IDENTIFY THE TOP 2 YOU RESONATE WITH MOST

- ***The Overachiever / Straight A Student*** - you tried to be perfect and successful because you wanted to hide your feelings of being unsafe or not being good enough
- ***The Hermit*** - you preferred to be alone all the time, avoiding others because you might have grown up in an environment that made you afraid of getting hurt or rejected
- ***The Entertainer / Comedian*** - you tried to make others laugh and be happy all the time to hide your own sadness, fears, or worries, or to avoid conflict
- ***The Ghost*** - you acted like you were invisible, staying quiet and out of the way, because you might be afraid of drawing attention or getting judged due to being in a hostile, strict, or chaotic home environment
- ***The Drama Queen*** - you made everything seem like a big deal, even small problems, because you might have been looking for attention or trying to express feelings you weren't sure how to deal with directly
- ***The Escapist*** - you tried to avoid dealing with your real-life problems by getting lost in things like daydreaming, video games, or books
- ***The Bulldozer / Bully*** - you acted tough and tried to control or hurt others because you might have been feeling scared, hurt, or insecure inside
- ***The Judge*** - you criticized or found fault in others a lot, maybe because you were trying to feel better about your own feelings of a lack of safety and insecurity
- ***The Good Girl -*** you always tried to do what was expected, never causing trouble or stepping out of line, possibly because something in your environment made you afraid of disapproval or making mistakes
- ***The Peacemaker*** - you always tried to stop conflicts and make everyone get along to avoid tension or discomfort, often at the expense of your own needs and well-being

Part I:

DATE :

INNER CHILD HEALING

Part II:

RELEASING ANGER

1 RAGE ON A PAGE

BASED ON THE TEACHINGS OF DR. JOHN SARNO

Grab a notebook, or piece of paper, a pen and set your timer on your phone for 20 minutes. This journaling exercise is an emotional release of anger, frustration, and irritation. Silence your phone and turn it face down for best results. This is going to be so cleansing! You're literally going to rage on your paper, start with the first thing you can think of-- "I can't believe I said that to that person" "I'm annoyed with myself for eating that thing or missing exercising yesterday" "Who does this person think they are?" "I cant believe I was treated this way." Why am i still so mad at my parents, or my sibling?

Write anything that comes up as it comes up. It doesn't have to make sense or be coherent. Let it out. Go wild on paper. Write stuff you'd never say outloud.

TIPS

- *If you don't know what to write, scribble on the page*
- *Listen to bilateral stimulation music for extra support*

REFLECT AT THE END-- HOW'D THAT FEEL? IS THIS A USEFUL PRACTICE FOR YOU?

Part II:

DATE :

RELEASING ANGER

Part II:

DATE :

RELEASING ANGER

2

Imagine your anger as a person-
Draw or write down what it would look like.

- **WHAT DOES THEIR HAIR LOOK LIKE?**
- **HOW MANY HEADS DO THEY HAVE?**
- **WHAT DOES THEIR FACE AND BODY LOOK LIKE?**
- **WHAT ARE THEY WEARING?**
- **WHERE ARE THEY?**
- **WHAT WOULD YOU NAME THIS PERSON?**
- **WHAT WOULD THIS PERSON SAY IF IT COULD SPEAK?**

Part II:

DATE :

RELEASING ANGER

Part II:

DATE :

RELEASING ANGER

3

Self-criticism:
What are all the ways you criticize yourself? Make a list.

- ***Common ways adults criticize themselves*** include physical appearance, weight, career achievements, being a good mom / bad mom, financial status, intelligence / competence, issues with relationships, being too introverted, not interesting enough, or not having enough friends or a vibrant social life, regretting past decisions, feeling like they've missed out on life, or believing they've taken the wrong path, being hard on yourself for not achieving personal goals or resolutions, not being productive enough, wasting time, or failing to balance work and personal life effectively, feeling weak for experiencing certain emotions, such as sadness or anxiety, or for not handling stress better

- ***How*** do the ways you criticize yourself make you feel?

DOES CRITICIZING YOURSELF HELP YOU?

Part II:

DATE :

RELEASING ANGER

Part II:

DATE :

RELEASING ANGER

4

Working With Your Protector-
How does your protector (ghost, overachiever, entertainer, etc) keep you safe? Make a list.

HOW DOES YOUR PROTECTOR ALSO KEEP YOU CONNECTED TO OLD COPING MECHANISMS FROM CHILDHOOD?

ARE THESE OLD COPING MECHANISMS STILL HELPING YOU OR ARE THEY MAKING YOU FEEL STUCK?

Part II:

DATE :

RELEASING ANGER

Part II:

DATE :

RELEASING ANGER

5

Write down 3 things you want to let go of and burn them-

1. _____

2. _____

3. _____

Part III:

RECLAIMING YOUR POWER

Part III:

DATE :

RECLAIMING YOUR POWER

1

Give Yourself credit-

WHAT DO YOU WANT TO GIVE YOURSELF CREDIT FOR? MAKE A LIST.

WHAT DO YOU WANT TO GIVE YOUR
INNER CHILD CREDIT FOR?

Part III:

DATE :

RECLAIMING YOUR POWER

HOW DID YOUR INNER CHILD HELP YOU SURVIVE AND STAY SAFE?

WHAT DOES YOUR INNER CHILD NEED TO HEAR NOW?

Part III:

DATE :

RECLAIMING YOUR POWER

2

Safe Place-

Describe an imaginary ideal safe place.

- What type of environment is it?
- What are the colors of this safe place?
- Is it inside or outside? What's the temperature like?
- What does the light look like?
- Is it a real place or a fantasy?
- What objects are the the space?
- Are you alone in the space or are there other people?

Part III:

DATE :

RECLAIMING YOUR POWER

Part III:

DATE :

RECLAIMING YOUR POWER

3

Self-Compassion Exercise-

Write about a mistake or a flaw you still feel bad about. Recall the memory and write it down with as much detail as you can.

THEN, RESPOND TO YOURSELF WITH THE SAME KINDNESS AND UNDERSTANDING YOU WOULD OFFER TO A GOOD FRIEND. WHAT WOULD YOU SAY TO YOUR FRIEND WHO MADE THIS SAME MISTAKE?

ARE YOU ABLE TO TELL YOURSELF THAT NOW? IF NOT, CAN YOU TELL IT TO YOUR INNER CHILD?

Part III:

DATE :

RECLAIMING YOUR POWER

Part III:

DATE :

RECLAIMING YOUR POWER

4

Future Realization-

Imagine a future where you have healed from your trauma.

DESCRIBE WHAT YOUR LIFE LOOKS LIKE AND HOW YOU FEEL IN THIS MORE HEALED MORE HEALED STATE.

- **Where do you live?**
- **What are you wearing?**
- **How do you look?**
- **Who do you live with?**
- **What type of job do you have?**
- **Is there anyone that's no longer in your life?**
- **What does your home look like?**
- **What's your community like?**
- **What does a typical Sunday look like?**
- **What's most important to you now?**
- **Do you have animals or children?**

IS THERE ANYTHING YOU CAN DO NOW TO START LIVING LIKE THIS? (EVEN IF IT'S SMALL)

Part III:

DATE :

RECLAIMING YOUR POWER

Part III:

DATE :

RECLAIMING YOUR POWER

5

Calling it in-

Now that you've envisioned your dreams, you can call them in through a simple action.

RITUAL

Either light a candle as you read your dreams out loud, or write down your dreams on a piece of paper and put it under your pillow. This extra step of the ritual will seal it, making your dreams become reality even faster.

LIGHT A CANDLE

AS YOU READ YOUR DREAMS OUT LOUD, OR PLACE YOUR DREAMS UNDER A PILLOW

Part III:

DATE :

RECLAIMING YOUR POWER

Congratulations!

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Now it’s time to live in sweet release.

Thank you very much for joining us in the Trauma Releasing Journal.

We hope you've experienced emotional relief from doing these journal prompts. Now that you've processed and let go of old emotions and unresolved trauma, it doesn't live with the same intensity in your body or mind anymore. Congratulations for taking this step on your journey!

Kindly,
Liz aka The Workout Witch

The Workout Witch