



Soul Radiance



LETTING HIM GO

Week 1: *Journaling prompts – Processing Trauma*

1. Write about the challenges you faced today and how you dealt with them?
2. What is a negative belief you have that you already know is not true. Why isn't it true?
3. Write about a trauma response you are currently processing and how it is affecting you?
4. What happened that triggered your trauma?
5. Write about the emotions you are feeling (or felt when the trauma was triggered).
6. Write about the steps you are taking to cope with the trigger.
7. Write about a safe place for you -whether that is a real place or one in your imagination. What does this place look like and why is this place so safe for you?

*If you do not have a safe space yet, I want you to find – or create it.