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“Healing is better guided”

How to Create A Safe Space for Healing Journal Prompts

Have you ever felt safe? Yes, No, I'm not sure.

If Yes, describe one time you felt safe. What about that experience made you feel safe?

If you haven't experienced feeling safe, describe some of the experiences or beliefs that have kept you from feeling safe. For example, people hurt me. I can't depend on anyone. I didn't know you could feel safe.

For me to feel safe, I would need....

When I consider the possibility of feeling safe in the world, I.....



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Creating Ground Rules

Here are some example ground rules you can set. Select what resonates with you and feel free to create your own:

I'm afraid my partner will find out what I'm doing and want to know what's going on, I wait until I'm totally overwhelmed before I leave emotionally charged situations, I don't notice I'm upset until I'm in a total crisis, I usually push myself further than I'm ready to go, I'm afraid doing inner work will bring up feelings I won't be able to handle, I'm afraid of being isolated and alone when strong feelings come up, I'm afraid I'll quit the minute I get uncomfortable, When things get hard I space out and go through the motions without feeling anything, I know I'll criticize myself



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Creating Ground Rules

Use these obstacles you have identified as a basis for creating your ground rules.

If you think that you will become emotionally/mentally overwhelmed and not stop, your ground rule will be....any hint of these overwhelmed emotions, you will stop.

Or you're fearful that you will keep going through the motions and not absorb anything, you can set a timer so you won't push yourself to get it done.



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Building A Container

I plan to do work on my healing when....

I plan to do my healing work (alone, with a friend, with my partner, in my survivors group, with my therapist)

Which of the options listed above are available to me?

Was the choice I made my first choice.? Yes or no.

Was the choice that I made the most healing choice or did it reflect an old pattern?

If my first choice wasn't available, is there anything I could do to make it available? If so, what?



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When I work on myself, I will make sure I am not interrupted by....(example, my phone, my partner, my children, my roommate, work, etc.)

Setting these limits scare me because...

Setting these limits excites me because.....



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Find a Safe Spot

The places I feel safest are.....

What makes these place safe is.....

Places I feel the least safe are.....

What makes these places unsafe are....

The times of day I feel the safest are....

The times of day I feel the least safe are.....



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Establish Your Privacy

What are the limits I'd like to place on sharing your inner work?

I want to share my healing work with....

I don't want to share my healing work with.....

In order to preserve my privacy, I'm going to.....

Take a moment to examine your motives for privacy.
Then answer the following questions in terms of setting boundaries and keeping things private.

My goal is.....

My reason for wanting privacy at this time is....

This is okay/Not okay with me.



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Establish A Protective Ritual

Whenever I work on myself, I'm going to....

I will make the time special by.....

When I'm done, I'm going to.....



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I am proud of myself today for doing my inner work because.....

I'm giving myself grace on what I uncovered during my healing process because....

What I realized I will no longer tolerate because it causes me to disrespect myself is.....

Affirmations:

I am powerful and worthy of all that is good in this world

I create my own safety around me and within me

I am grateful for all that life has to offer me

I give myself grace and forgiveness unconditionally

because I am worthy

My basic human right is to feel safe and I will tolerate no less