## 50 JOURNAL PROMPTS TO HELP YOU EXPLORE AND UNDERSTAND YOUR TRAUMA



## THE CHILDHOOD TRAUMA JOURNAL

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When and where do I feel safest? What about these things makes me feel safe?

With whom do I feel safest? What makes me feel safe about them?



What words would I use to describe my childhood? What about these words stands out to me?

What character traits do I have that helped me survive?



What beliefs did I learn from my childhood? How are they still impacting my life today?

What emotions do I experience most when I think back to my

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In what ways feel that my trauma is holding me back?

Trauma often leads to disconnection. Do I feel disconnect from other people due to my trauma? In what ways?

With whom do I feel connected?

What does connection feel like?

When I think of my trauma, what do I experience in my body?

What about my childhood was not normal? Something I thought everyone experienced but I now know was something traumatic?

Which of my needs were neglected in my childhood?

What would it look like for me to meet those needs today?



What do I wish I could say to my parents/care givers? What do I need them to know?

What was the hardest part of my childhood experiences?



What does healing even mean to me? What would that look like? Feel like?

What do I understand about my childhood trauma that I previously

What	triggers	me?
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When I feel triggered, what happens? How do I respond?

What symptoms of my trauma do I find most difficult to deal with?

What about these symptoms makes them most difficult?

## What beliefs do I hold about myself, based on my experiences?

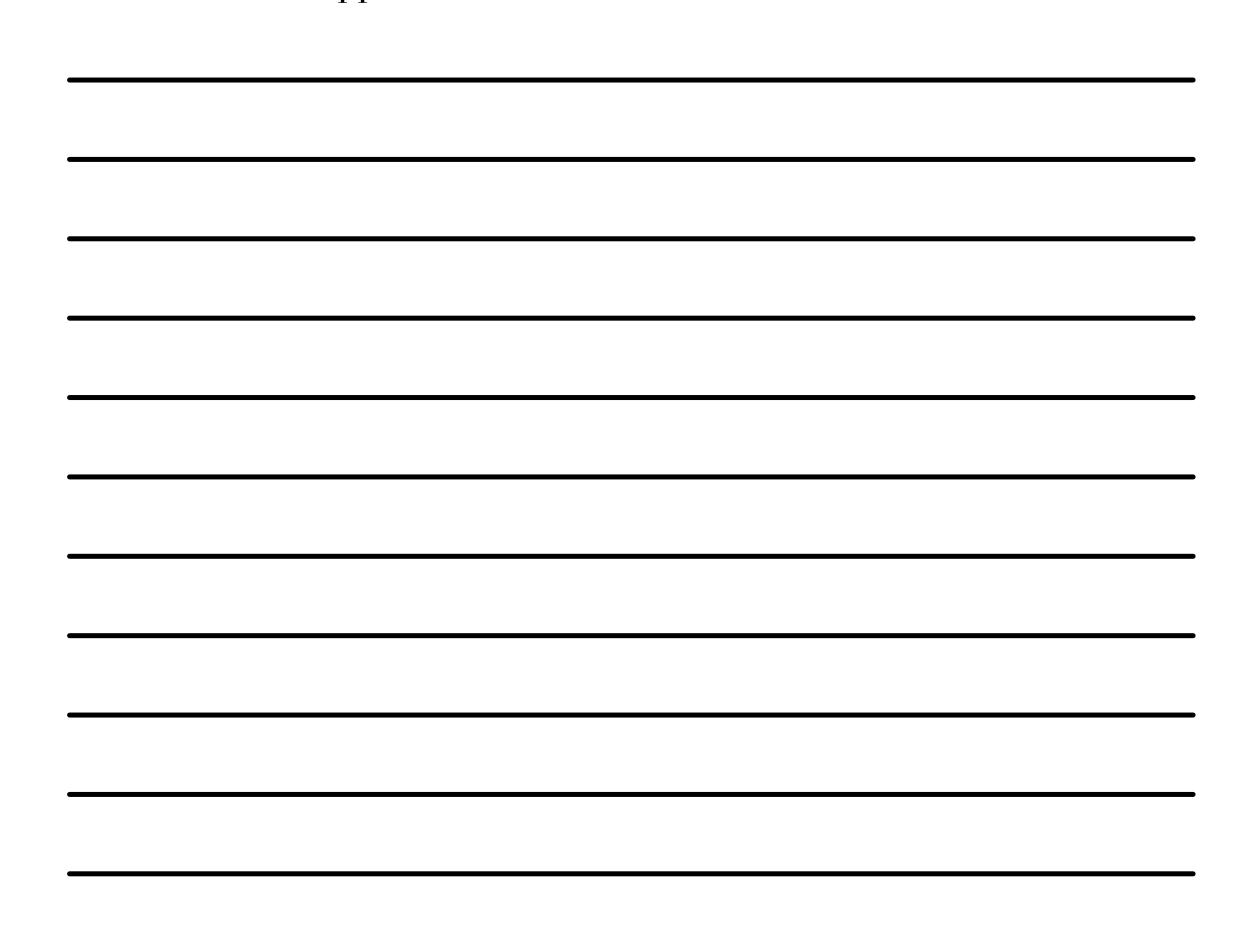
What beliefs do I hold about others, based on my experiences?

How do I view the world as a whole, based on my experiences?

What patterns have I observed in myself, as a result of my trauma?

Let me describe a made-up place where I can feel a sense of pure safety.

If that hadn't happened I....



If someone I care about had gone through what I've endured, what would I say to them?

If someone I care about had gone through what I've endured, what strengths would I see in them?

What road bumps or obstacles are interfering with my healing?

In what ways do I push down my painful feelings?

If I were to draw a map of my trauma healing thus far, what would it look like?

Imagine someone, real or made up, who could defend and protect you. Describe them in as much detail as you can.

Many people experience a lot of anger in regards to their trauma. Do I have any anger?

What is the anger saying?

Grief can be a common emotion when it comes to trauma. Do I experience any grief due to my trauma?

What does my grief have to say?

If it feels safe to explore, what was the hardest part of my trauma?

If it feels safe to explore, what was most missing in my childhood?

What, thus far in my life, has felt the most healing to me?

One thing that would help my healing is....

What coping mechanisms did I use to cope as a child?

What coping mechanisms do I use to cope today?

Perfectionism & People Pleasing: two coping mechanisms that are often connected with unhealthy childhoods. Do I use either? If so, how?

What boundaries were violated when I was a child? (remember boundaries can include things like having space/time to oneself or consent over when people hug/touch)

Many folks with CPTSD report that as a kid, they felt responsible for taking care of people in their household. Is that true for me? If so, who did I have to take care of and what was that like?

What beliefs would I have to let go of in order to live more freely?

Here's a space for me to say absolutely anything I need to say about my trauma.

