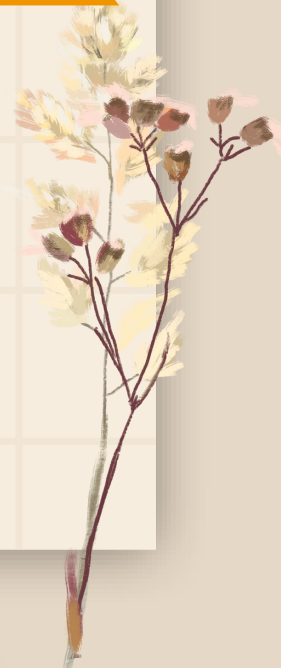




Linkage Wellness Trauma Healing

Self-Reflections

Worksheets





Reflection on Growth & Responsibility

1. What does taking responsibility for my healing look like today?

2. What support systems do I need to stay accountable to my growth?

3. How do I balance self-compassion with self-discipline in my healing journey?

4. What does it mean to show up for myself consistently?

5. Are my actions aligned with my values and intentions?

6. A message to myself today....





Reflection on Communication & Boundaries

1. Have I clearly communicated my needs and boundaries to others?
2. How do I hold myself accountable for respecting others' boundaries?
3. How do I typically react when I feel triggered—and what would a more accountable response look like dealing with boundaries?
4. Do I have clear and healthy communication and boundaries with my peers and loved ones?
5. How can I improve my communication personally & professionally?
6. A message to myself today....





Reflection on Fear & Trust Trauma

1. What am I feeling right now?
2. What triggered this feeling?
3. Is there any real evidence supporting my fear?
4. What past experience makes me sensitive to this?
5. What can I do right now to calm myself?
6. A message to myself today....





Healing Self-Reflections Worksheets

DOWNLOAD and Print these Worksheets at your
convenience! Make as many copies as you need to
stay on track! Think ahead And add your own
questions as you go along! 😊



Linkage Wellness Institute





If you need us we are here!

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