

Journal Prompt Sheet

60-Day Trauma Bond Healing Journey

These prompts are designed to guide you from emotional entanglement to clarity, empowerment, and deep inner healing. Each day includes one journal prompt, carefully chosen to align with the natural arc of trauma bond recovery.

Days 1–7: Awareness & Truth

See the patterns. Name what's really happening.

1. What is the truth I've been avoiding about this relationship?
 2. What patterns in this relationship feel familiar from my past ones?
 3. What red flags did I dismiss, and what made me justify them at the time?
 4. In what moments did I feel the most confused or conflicted, and why?
 5. What did I believe about love that kept me attached to this person?
 6. What emotional, physical, and spiritual needs have gone unmet in this relationship?
 7. What do I gain from seeing the truth, even if it's painful?
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Days 8–15: Emotional Clarity & Self-Compassion

Honor your emotions. Release shame. Feel with truth.

8. How does this relationship make me feel most of the time? List emotions without judgment.
9. What emotions do I feel toward myself when I think about staying or leaving?
10. What do I fear will happen if I walk away? What do I hope will happen if I stay?
11. What parts of me have I silenced or abandoned to maintain this relationship?
12. When have I felt manipulated, guilty, or emotionally blackmailed?
13. What emotions have I been avoiding, and why?
14. When I imagine peace, what does it look and feel like in contrast to this relationship?
15. What does emotional safety mean to me, and have I experienced it here?

Days 16–22: Cognitive Reframing

Challenge the false beliefs that kept you stuck.

16. What beliefs about love or loyalty kept me stuck, and are they really true?
 17. What would a more empowering version of that belief look like?
 18. What lies did I internalise from this person, and what's the truth?
 19. How has this pain shaped my perspective, and what can I choose to believe now?
 20. How can I begin to separate my worth from their treatment of me?
 21. What are some thoughts I have that keep me small, and where did they come from?
 22. What new truths do I want to begin practising daily?
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Days 23–30: Boundaries & Identity

Reclaim who you are. Define your limits. Reconnect with your core.

23. What boundaries have I compromised or ignored?
 24. Who was I before this relationship, and what parts of that person do I want to reconnect with?
 25. What does a healthy, safe relationship look and feel like to me?
 26. In what ways did I lose sight of myself in this relationship?
 27. Where do I need to rebuild trust with myself?
 28. What would it feel like to stand in full ownership of who I am?
 29. What are three values I want my future relationships to honour?
 30. What parts of my personality or life did I shrink to keep the peace?
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Days 31–37: Letting Go & Forgiveness

Release the grip of resentment, regret, and guilt – not for them, but for you.

31. What am I still holding onto emotionally, and why?
32. What would it feel like to let go of needing closure from them?

- 33. Who (including myself) do I need to forgive to truly move forward?
 - 34. How has holding on served me? How is it holding me back now?
 - 35. What does forgiveness mean to me, and what does it *not* mean?
 - 36. What would it feel like to be free of this emotional weight?
 - 37. What part of me needs compassion more than criticism?
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Days 38–44: Self-Worth & Inner Care

Reconnect with your value. Treat yourself like someone who matters.

- 38. What makes me inherently worthy, even when I don't feel it?
 - 39. How can I start talking to myself like someone I love?
 - 40. When have I shown bravery or strength that I didn't give myself credit for?
 - 41. What compliments or truths about me have I rejected, and want to now embrace?
 - 42. How can I nurture myself today in a way I've always needed?
 - 43. What parts of me are still hurting, and how can I care for them with love?
 - 44. What do I admire in others that I already hold within myself?
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Days 45–50: Vision & Future Self

Create a future built on alignment, peace, and possibility.

- 45. Who am I becoming as I heal?
- 46. What kind of life do I want to create now that I know I deserve more?
- 47. What kind of love and connection am I now open to receiving?
- 48. What kind of boundaries does my future self set with ease?
- 49. What would it look like to live in alignment with my highest self?
- 50. What is one bold decision my future self has made that I can begin preparing for today?

Days 51–56: Moving Forward with Power

Take back your energy. Anchor your growth. Rebuild with intention.

- 51. What is one small step I can take this week to protect my energy or set a boundary?
 - 52. Who can I reach out to for support that feels safe and nonjudgmental?
 - 53. What would I tell a friend going through the same thing I am?
 - 54. What healthy coping strategies can I turn to when the urge to reconnect hits?
 - 55. What will I no longer tolerate in my relationships moving forward?
 - 56. How will I recognise when someone is emotionally safe or unsafe?
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Days 57–60: Integration & Celebration

Reflect on your strength. Celebrate your growth. Anchor the new you.

- 57. How have I grown in the past 60 days, emotionally or spiritually?
- 58. What has shifted in my self-talk, boundaries, or emotional awareness?
- 59. What does it mean to me now to choose myself?
- 60. How will I celebrate the strength it took to break this bond and rebuild my life?

