



# Trauma Reflections

These prompts are invitations to gently notice where trauma may show up in your life. Use them with patience and compassion. Write freely—there are no right or wrong answers.

## Notice the Patterns

- When do I feel myself becoming tense or guarded, even if there's no real threat?
- What situations, words, or tones seem to bring up strong emotional reactions for me?

## Explore the Body's Wisdom

- Where do I carry stress or heaviness in my body most often?
- What happens to my breath, posture, or muscles when I feel triggered?

## Uncover the Protective Parts

- What habits or behaviors do I use to avoid uncomfortable feelings?
- How might these habits have once protected me? Do they still serve me now?

## Reclaim Self-Compassion

- If I could speak kindly to the part of me that is still hurting, what would I say?
- What do I most need to hear or feel in moments when I'm triggered?

## Look Toward Healing

- What practices, people, or places help me feel safe and grounded?
- What would a lighter, freer version of my life look like if trauma no longer controlled my responses?

