

# JOURNAL PROMPTS FOR SURVIVORS

- How are you feeling today?
  - List 3 emotions you are feeling right now
  - Keep a note of how you feel throughout the day – note when feelings change, and identify why if possible
- How does it feel in your body to think about your experiences of sexual violence?
  - Does it feel heavy? Tight? Anxiety inducing?
  - Do you feel a sensation in a specific spot in your body? Stomach? Back? Heart?
  - Allow yourself to journal about the feelings and sensations that show up in your body when you think about this experience.
- How do you feel about the person who harmed you right now?
  - It's okay for the answer to this question can differ by day.
  - Are you angry? Heartbroken? Hurt? Scared?
  - Allow yourself to free write about how you feel about this person.
- Write a letter to a stranger that is struggling.
  - Most of the time we are kinder to strangers than we are to ourselves. We would never blame a stranger for having experienced harm, however we do often blame ourselves. Write a letter comforting this person. Tell them that things will be okay, and that they can make it through this.