20 Days of Journal Prompts for Abuse Survivors

and trauma processing, for teens and adults

1. Write a letter to your younger self, offering words of comfort, support, and encouragement.
2. Describe a place where you feel safe and at peace. What does it look like, smell like, and sound like? How does it make you feel?
3. Reflect on a time when you felt strong and resilient. What strengths and qualities did you display? How can you apply those strengths to your healing journey?
4. Write about a positive memory or experience that brings you joy. Describe it in detail and explain why it’s meaningful to you.
5. List three things you appreciate about yourself and why they are important to your healing process.
6. Describe a coping strategy or self-care activity that helps you feel better when you’re struggling. How does it make you feel, and how can you incorporate it into your daily life?
7. Reflect on a time when you overcame a challenge or obstacle. What steps did you take to overcome it, and how can you apply those steps to your current healing journey?
8. Write a gratitude list, focusing on things or people that bring positivity and support into your life.
9. Describe a person or role model who inspires you. What qualities do they possess that you admire, and how can you incorporate those qualities into your own life?
10. Write a poem or create a piece of art that represents your journey of healing and resilience.
11. Write a letter to someone who has supported you throughout your healing journey. Describe how their support has made a difference in your life and express your gratitude.
12. Imagine you have a magic wand that can bring healing and positivity into your life. Describe the changes you would make and how they would impact you.
13. Create a playlist of songs that resonate with your healing journey. Write about each song and how it makes you feel or why it holds significance for you.
14. Reflect on a quote or mantra that inspires you. Write about why it resonates with you and how it can provide guidance and strength during challenging times.
15. Write a fictional story or poem that symbolizes your journey of resilience and healing. Explore metaphors or symbols that represent different aspects of your experience.
16. Make a list of activities or hobbies that bring you a sense of peace and joy. Describe how each activity makes you feel and how you can incorporate them into your healing routine.
17. Imagine you have the ability to travel back in time and offer support to your past self during a difficult moment. Write about the advice and encouragement you would give.
18. Reflect on a personal quality or skill that has been strengthened or developed as a result of your healing journey. Explain how this growth has impacted your life.
19. Create a collage or vision board representing your vision of healing and a positive future. Describe the elements you included and what they symbolize to you.
20. Write a letter to your future self, expressing your hopes, dreams, and intentions for your continued healing journey. Reflect on the progress you’ve made so far and the goals you aspire to achieve.