Trauma Bond Recovery Journal

Daily Reflection Prompts

- What emotions am I feeling today?
- Did anything trigger memories or thoughts about my ex? How did I respond?
- What positive choices did I make for myself today?
- What do I need more or less of in my healing process?
- One thing I'm proud of myself for today is...

Affirmations for Breaking the Bond

- I am allowed to walk away from what hurts.
- I am not defined by my past or the people who mistreated me.
- Each day, I reclaim my strength and identity.
- I am worthy of love, peace, and emotional safety.
- My truth is valid, even if others try to deny it.

My Boundaries Checklist

- I will not engage in communication that undermines my healing.
- I will prioritize relationships where I feel safe and respected.
- I will not tolerate manipulation, gaslighting, or emotional abuse.
- I will take space from anything that drains me emotionally.
- I will check in with myself before responding to others.

Personal Commitments

- I commit to no contact (or minimal contact, if necessary).
- I commit to self-care practices that support my recovery.
- I commit to seeking support when I feel overwhelmed.
- I commit to rebuilding a life aligned with my values.
- I commit to giving myself grace and compassion daily.

My Emergency Self-Soothing Toolkit

- Breathwork or grounding exercises
- Journaling or writing a letter I won't send

- Calling a trusted friend or therapist
- Engaging in a creative activity
- Going for a walk and reconnecting with nature