

# Guided Journal

A calm, step-by-step reflection. Fill it in at your own pace, in any order.  
There are no wrong answers. Skip anything you are not ready for.

Before We Begin

## You are safe right now.

Before we start, take a moment. Look around you. Name three things you can see.

Feel your feet on the floor and the air on your skin.

The past is not happening now. In this moment you are here, in this room, with this page. There is no rush. There is no wrong way to do this.

Anything that came up reading this:

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Step 1 · Grounding

## How is your body feeling?

*Just notice. Tight chest, heavy shoulders, fluttery stomach, foggy head, calm. Whatever is there is okay.*

Your answer:

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Step 2 · Why Today?

**What brought you here today?**

*A sentence is enough. There's no need to explain it today anyone — this is only for you.*

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Step 3 · Naming it

**What feelings are you carrying?**

Tap anything that fits — you can choose as many as you like, or none. Naming feelings out loud (even silently) is an act of healing.

Tick anything that fits:

- |                          |            |                          |                         |                          |           |
|--------------------------|------------|--------------------------|-------------------------|--------------------------|-----------|
| <input type="checkbox"/> | Numb       | <input type="checkbox"/> | Guilty                  | <input type="checkbox"/> | Disgusted |
| <input type="checkbox"/> | Angry      | <input type="checkbox"/> | Exhausted               | <input type="checkbox"/> | Relieved  |
| <input type="checkbox"/> | Frightened | <input type="checkbox"/> | Hopeful                 | <input type="checkbox"/> | Anxious   |
| <input type="checkbox"/> | Sad        | <input type="checkbox"/> | Stronger than yesterday | <input type="checkbox"/> | Calm      |
| <input type="checkbox"/> | Ashamed    | <input type="checkbox"/> | Empty                   | <input type="checkbox"/> | Alone     |

Anything else you want to name:

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## **Step 4 • Read This Slowly**

### **It was not your fault.**

What happened to you is not because of you!

Freezing, fawning, complying, going quiet — these are survival responses. They are your nervous system trying to keep you alive.

**The person who hurt you made a choice. You did not.**

Anything that came up reading this:

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## One small kindness you can offer yourself today.

*It does not have to be big. A glass of water. A nap. A cancelled plan. Five minutes outside. A favourite song. Saying "no". You deserve good things, today, exactly as you are.*

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## YOU MADE IT THROUGH

### You are believed. You are not alone.

Whatever you wrote, whatever you skipped, however you got here —  
you did something brave by sitting with yourself.

Healing is not linear. There will be good days and harder days, and both are part of  
it.

Specialist UK support is here whenever you are ready.

Take what helped today. Leave what didn't.

### UK support:

- 999 emergency · 101 non-emergency police
- Samaritans 116 123 (24/7)
- Rape Crisis England & Wales 0808 802 9999 (24/7)
- National Domestic Abuse Helpline (Refuge) 0808 2000 247 (24/7)
- Live Fear Free (Wales) 0808 80 10 800 (24/7)
- Men's Advice Line 0808 801 0327
- Mankind Initiative 01823 334244
- SurvivorsUK 020 3598 3898