

50 Trauma Journal Prompts for Deep Healing & PTSD Recovery

Grounding & Safety: Calming the Nervous System

When living with PTSD, your nervous system is often on high alert. Use these PTSD journal prompts to anchor yourself in the present moment.

1. What are three things you can see, hear, and touch right now that remind you you are safe?
2. Describe the sensation of your feet on the ground. How does the earth support you?
3. What is a mantra or phrase that makes you feel protected (e.g., "I am here, and I am safe now")?
4. Write about a time you felt a genuine sense of peace. What were the smells, sounds, and sights?
5. How can you nourish your physical body in the next hour to show it kindness?
6. Describe your "inner sanctuary"—a mental room where no one can enter without your permission.
7. What does "safety" feel like in your body? Where do you feel warmth or relaxation?
8. When you feel a "trigger" coming on, what is the first physical sign your body gives you?
9. List five things you are grateful for that are currently in your immediate environment.
10. Write a "thank you" letter to your nervous system for doing its best to protect you for so long.

Processing the Past: Childhood Trauma Journal Prompts

Understanding the origins of your triggers is a step toward breaking generational cycles. These childhood trauma journal prompts help you witness your inner child.

11. If you could go back and sit with your younger self, what would you tell them about their worth?
12. What was a "survival skill" you learned as a child that you no longer need today?
13. Describe a childhood memory where you wished someone had stood up for you. How can you stand up for yourself now?
14. What is one "unspoken rule" from your upbringing that you are now ready to break?
15. How does your "inner child" express fear, and how can you soothe them today?
16. Write about a person from your past who made you feel seen, even for a moment.
17. What is a childhood dream you had that was interrupted? How can you honor that dream now?

18. In what ways are you different from the people who raised you?
19. What does "protection" mean to you now versus what it meant when you were a child?
20. Write a letter to your younger self, explaining that the trauma was never their fault.

Somatic Healing: PTSD Journal Prompts for Body Awareness

Trauma is often stored in the muscles and tissues. Use these healing trauma journal prompts to reconnect with your physical self.

21. Scan your body: Where are you holding the most tension right now (shoulders, jaw, gut)?
22. If your tension could speak, what would it be trying to say?
23. What physical activity (walking, dancing, stretching) helps you feel most "in" your body?
24. Describe a moment today when you felt physically strong or capable.
25. How do you react to physical touch, and what does that tell you about your boundaries?
26. Write about the "weight" of your trauma. If it were a physical object, what would it be?
27. How does your breath change when you think about a difficult memory?
28. What is a scent or a texture that immediately brings you a sense of comfort?
29. How can you practice "radical rest" this week to let your body heal?
30. What is one way you can celebrate your body for surviving everything it has been through?

Reclaiming the Narrative: Healing Trauma Journal Prompts

Moving forward requires reclaiming your identity from the shadow of the trauma. Use these journal prompts for trauma to focus on your resilience.

31. Aside from a "survivor," who are you today? (List your passions, quirks, and values).
32. What is a personal boundary you have set recently that made you feel powerful?
33. How has your trauma made you more empathetic toward others?
34. What is one thing you have reclaimed for yourself (a hobby, a style, a belief) since the trauma?
35. Write about a "win," no matter how small, you've had in your recovery this month.
36. If your trauma was a chapter in a book, what would the *next* chapter be titled?
37. What are three things you love about the person you are becoming?
38. How do you define "resilience" in your own words?
39. What does "thriving" look like to you, independent of your past?
40. What is one goal you have for your future that has nothing to do with your trauma?
41. How can you practice more self-compassion when you have a "bad" mental health day?
42. Who is in your current "support circle," and how do they make you feel safe?
43. What is a limiting belief you have about your healing that you are ready to let go of?
44. How has your perspective on "happiness" changed through your recovery?

45. Write a letter to your "future self" describing the peace you hope to have.
46. What is the most courageous thing you have done for yourself this year?
47. How can you turn your pain into a source of wisdom?
48. What is one way you can romanticize your life today, despite the past?
49. What does "closure" mean to you—is it an ending or a new beginning?
50. What is the one word you want to define your life as you move forward?

