

PRACTICE

BREAK THE CYCLE & RECLAIM YOUR POWER

*Awareness
today.
Freedom
tomorrow.*

A 5-STEP PRACTICE TO MOVE FROM SURVIVAL PATTERNS
TO CHOICES THAT SUPPORT YOUR FREEDOM

1

AWARENESS

Notice the patterns
without judgment.



Awareness is the
first act of freedom.
You can't change
what you can't see.

PRACTICE

PAUSE & NOTICE (1–3 minutes)

Take a slow breath.
Bring to mind a current
situation that feels
triggery or familiar.
Notice what shows up
in your body, thoughts,
and emotions—
without judging it.

2

COMPASSION

Offer yourself the
kindness you needed
then—and still
deserve now.



These responses
were survival strategies,
not character flaws.
You did the best you could
with what you knew.

PRACTICE

COMPASSIONATE SELF-TALK (2–5 minutes)

Place a hand on your
heart or belly. Breathe
deeply and speak
to yourself like you
would a loved one:
“I see you. I believe you.
You did the best you
could. You are safe now.”

3

REGULATION

Learn tools to calm
your body and mind.
Safety creates
new choices.



A regulated nervous
system helps you respond
instead of react.

PRACTICE

GROUNDING BREATH (2–5 minutes)



Inhale for 4
Hold for 4
Exhale for 6
Repeat 5 times

As you breathe, imagine
sending safety and calm
to your body. Let your
exhale be a release.

4

BOUNDARIES

Honor your limits.
You get to decide
what is safe,
what is a no, and
what is always.



Boundaries protect
your energy and create
space for the life
you want.

PRACTICE

MY BOUNDARY STATEMENT (3–5 minutes)

Complete these
sentences and keep
them visible:

I need _____
I will no longer _____
I choose to _____
I am allowed to say no
to _____

5

RECLAIM & REDEFINE

Choose what aligns
with your values,
not your survival patterns.



You are not who
the trauma made you.
You are who you choose
to become now.

PRACTICE

FUTURE SELF VISION (5–10 minutes)

Close your eyes and
imagine a version of you
who feels safe, connected,
and free. See what she looks
like, how she moves, and
how she cares for herself.
Let this vision guide
your next small step.

INTEGRATE IT INTO YOUR LIFE



Start small.
Progress
not perfection.



Practice often.
Repetition builds
new neural pathways.



Be patient.
Healing is a
process, not a race.



Celebrate.
Every step forward
matters.

You are allowed to choose differently now.

GENTLE REMINDERS

- ♥ You are not to blame.
- ♥ You are worthy of healing.
- ♥ You can change your mind.
- ♥ You can ask for help.
- ♥ You can take your time.
- ♥ You can create a life that feels good.
- ♥ You are allowed to live in your power.



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AWARENESS

JOURNAL PROMPTS

Notice the patterns without judgment.

*Awareness
is the first act
of freedom.
You can't change
what you can't
see.*

1. PATTERNS



What patterns do I keep noticing in my relationships, mood, choices, or how I treat my body?

2. TRIGGERS



When do I feel most triggered or activated?
What situations, people, or environments tend to bring up strong emotions?

3. BODY AWARENESS



What do I notice in my body first when I feel triggered, unsafe, or overwhelmed?

4. BELIEFS & INFLUENCE



What expectations or beliefs still influence my choices? How do these patterns show up in my daily life?

REFLECTION

*Awareness is the first act of freedom.
You can't change what you can't see.*

You are allowed to choose differently now.



COMPASSION JOURNAL PROMPTS

OFFER YOURSELF THE KINDNESS YOU NEEDED
THEN—AND STILL DESERVE NOW.

*You did the
best you could
with what
you knew.*

1. PAST COMPASSION



Where do I still hold shame about my past or my responses? What would I say to my younger self with compassion?

2. SELF-TALK



How can I be kinder to myself in this moment? What would a loved one say to me if they were here?

3. DESERVE KINDNESS



What do I need to hear right now? How can I remind myself that I deserve love, patience, and understanding?

4. COMPASSION IN ACTION



What is one small way I can practice self-compassion today? How can I show myself the same kindness I so freely give to others?

COMPASSION AFFIRMATIONS

- ♥ I see you. I believe you.
- ♥ You did the best you could with what you knew.
- ♥ You are safe now.
- ♥ You are worthy of love and kindness.
- ♥ It is okay to be a work in progress.
- ♥ You are more than your past.
- ♥ You deserve compassion—especially from yourself.
- ♥ You are allowed to choose differently now.

*These responses
were survival strategies,
not character flaws.
You did the best you could
with what you knew,
and you are still
deserving of kindness
today.*



PRACTICE

REGULATION JOURNAL PROMPTS

LEARN TOOLS TO CALM YOUR BODY AND MIND.
SAFETY CREATES NEW CHOICES.

Safety
creates
new choices.



1. FEEL SAFE IN MY BODY

What helps me feel safe, calm, and grounded when I feel overwhelmed?



2. REGULATE IN THE MOMENT

What small tools can I use daily to regulate my nervous system?



3. NOTICE MY TRIGGERS

What tends to trigger my nervous system?
How do these triggers show up in my body, thoughts, emotions, or behaviors?



4. RETURN TO CENTER

What helps me come back to the present moment when I feel dysregulated?

5. INTEGRATE & GROW

What have I learned about my nervous system so far?
What is one small step I can take today to create more safety, regulation, and ease in my life?



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BOUNDARIES JOURNAL PROMPTS

HONOR YOUR LIMITS. CREATE SPACE
FOR THE LIFE YOU WANT.

*Boundaries
protect your energy
and create space
for the life
you want.*



1. MY BOUNDARIES NOW

Where do I need stronger boundaries in my life right now? What feels draining, overwhelming, or unsafe?



2. WHAT IS A YES AND NO?

What is a clear YES for me right now? What is a clear NO? What is negotiable, and what is not?



3. PROTECTING MY ENERGY

What drains my energy? What do I need to protect in order to heal and grow? What am I allowed to say no to?



4. PRACTICE IN DAILY LIFE

What is one small step I can take today to set or maintain a boundary? How will this choice create more space for the life I want?

REFLECTION & NEXT STEPS

What have I learned about my boundaries? What is one thing I can do today—or this week—to honor my limits and create more space for the life I want?

You are allowed to choose differently now.

*It is safe to honor
my limits. I can
decide what is safe,
what is a no, and
what is always.*



PRACTICE

RECLAIM & REFINE JOURNAL PROMPTS

CHOOSE WHAT ALIGNS WITH YOUR VALUES,
NOT YOUR SURVIVAL PATTERNS.

*You are not
who the trauma
made you.
You are who you
choose to become now.*



1. MY VISION

Who do I want to be now, beyond survival?
What does a version of me look like who feels
safe, connected, and free?



2. MY VALUES

What values do I want to live by?
How can I make choices that align with
those values, not my survival patterns?



3. SMALL STEPS

What is one small step I can take today
that moves me toward the version of myself
I want to be?



4. SUPPORT & RESOURCES

What support, tools, or resources do I need
to help me move forward?
Who can I ask for help?

5. REFLECTION & INTEGRATION

What did I discover about myself through this practice?
What feels clear now? What do I want to remember as I move forward?



You are allowed to choose differently now.



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