

# Healing Worksheet: Reclaiming My Power Through Pain

*A sacred space for reflection, release, and renewal.*

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## Section 1: Grounding My Feelings

(Write freely. No judgment. This is your safe space.)

1. What emotions do I feel most often right now?  
*Fear, anger, shame, numbness, confusion...? Write whatever comes naturally.*

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2. What is one thing I'm proud of surviving?  
*Even the smallest moments count — you're here, you're trying.*

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## Section 2: Witnessing the Psychological Effect of Rape

(This helps identify how trauma still affects you — without shame.)

3. How has the trauma affected my thoughts or self-belief?  
*Examples: I doubt myself, I feel unworthy, I can't trust...*

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4. What triggers cause me emotional pain or panic?  
*Sounds, places, smells, words — try to name them.*

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### Section 3: Steps Toward Rape Trauma Healing

5. What safe coping tools have helped me before (even briefly)?  
*Journaling, music, prayer, art, being in nature, breathing...?*

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6. What message would I give my inner wounded self today?  
*Speak to yourself with love and patience.*

“Dear Me, \_\_\_\_\_

I am still here, and I still believe in your healing.”

### Section 4: Spiritual Healing from Rape — My Soul Speaks

(Connect with your higher self, your divine source, your soul’s light.)

7. Who or what gives me a sense of spiritual strength?  
*God, Krishna, Allah, Jesus, ancestors, cosmic energy, universal love...*

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8. Write one spiritual affirmation or prayer you want to say daily.  
*Example: “I am not broken. I am becoming sacred through this healing.”*

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### Reflection Box: My Healing Promise to Myself

*I promise to honour my healing by...*  
*(Choose your own statement or use the one below.)*

“I will not rush myself. I will speak when I’m ready. I will heal in layers. I am worthy of love, safety, and spiritual renewal.”

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**Would you like this worksheet formatted as a PDF download, shared on your website, or used in Cosmic Family group sessions? I can also design a printable version with your logo and calming visuals.**