

Journaling Prompts for Survivors of Sexual Assault

By: Amber Amour

Feel free to answer any of the following questions. If you're not ready to answer a certain question, you can always come back.

Please note: the following questions are intended to help you dive deep into healing from sexual trauma. These prompts are entirely optional. Some of these questions may trigger feelings of discomfort as you address the sexual trauma you've experienced. Be mindful to take care of yourself and of your energy as you respond.

Write the answers in a journal or notebook. Discuss them with a mental healthcare provider to dive even deeper.

1. On a scale of 1 to 10, where are you on your healing journey? 1 being "far from healed" to 10, "where you'd like to be-- totally healed"?
2. How can you get to a 10? Write down the steps in detail.
3. Describe what healing looks like to you.
4. Describe what "closure" looks like to you when it comes to your abuser(s).
5. How would you respond if you never get the closure you seek?
6. Do you believe that it is necessary to forgive an abuser in order to heal? Why or why not?
7. Describe your current sex life in 5 words or phrases. Write about each word or phrase in detail.
8. What kind of healing do you need and how can you get it?
9. Healing is a journey that can take a long time. Describe your "healed self" in 1, 3, 5, 10, 20, and 50 years from now. What does your life look like?
10. How do you know you've healed?
11. Write a list of 3 "unconventional" ways to heal (ie. private, non-social nudity as a means of reclaiming the body or art therapy). How do you see this as a helpful tool in your healing journey?
12. Are you scared of loving relationships? Why or why not?
13. What baggage do you want to let go of before being in a long-term relationship?

14. What trauma do you want to heal before having children? (It has been scientifically proven that children inherit traumatic experiences from their parents. Trauma is passed down through DNA, however you can heal your DNA.)
15. What trauma did you inherit from your parents?
16. Have you used alcohol or drugs to numb the pain of sexual abuse? Journal in detail and be honest with yourself on this topic.
17. How has unhealed trauma showed up in your personal and romantic relationships?
18. Has anyone ever blamed or shamed you for being sexually abused? Who said it? What did they say? How did it make you feel?
19. Have you ever NOT believed/blamed/shamed a rape survivor? Why or why not?
20. How does learning about consent culture and rape culture assist you in your healing journey?
21. What is your favorite way to heal and why?
22. What has NOT been helpful in your healing journey and why?
23. What is your intention for the upcoming retreat? What do you hope to get out of it?
24. What would you do if you came in contact with your abuser? If you have already been in contact with the person who abused you, how did it make you feel?
25. Write a letter to your abuser and speak your mind freely. Bonus: Burn the letter in a safe space to release tension and negative energy.
26. Write a love letter to yourself. You can write a letter to a younger version of yourself, who you are now, or to your future self. Bonus: Put it in the mail to yourself and send it!
27. How did abuse change your life?
28. Listen to the voice of your inner child. What is it saying?
29. Listen to the voice of your heart. What is it saying?
30. Listen to the voice of your reproductive system. What is it saying?
31. Who are you angry at when it comes to the sexual abuse you've survived?
32. What are your triggers? Make a list and explore each one.
33. What do you need to release to heal?

34. Name 30 things that make you happy.

35. How can you heal with the elements of air, fire, water, and earth? Make a list of your ideas.
(Ex. Air- breathwork. Fire- burn sage to release negative energy. Water- do a salt bath or swim in the ocean to cleanse the aura. Earth- walk barefoot to ground yourself)