

# Trauma Anniversary Journaling Prompts

Journaling can be a helpful way to process and reflect on the anniversary of a traumatic event, set intentions for healing, and acknowledge personal growth.

Acknowledge your emotions: what feelings are you experiencing as the anniversary approaches?

Reflect on your journey: how have you changed or grown since the traumatic event?

Honor your resilience: what are times you've displayed strength and resilience while coping with your trauma?

Practice self-compassion: what can you do to be kind to yourself and prioritize your well-being during this trauma anniversary?

Look to the future: what are your goals for the upcoming year regarding your healing and well-being, and how can you continue nurturing your mental and emotional health?