



Trauma-informed support for survivors rebuilding after abuse

A Self-Reflection Worksheet

Many people who have spent long periods in trauma, burnout, emotional overwhelm or survival mode slowly lose connection with themselves.

Survival often becomes focused on:

- Coping
- Keeping going
- Staying emotionally safe
- Managing other people's needs
- Avoiding conflict or overwhelm

Over time, confidence, identity, joy and emotional connection to self can become buried underneath survival.

This worksheet is designed to support gentle reflection around rebuilding confidence, reconnecting with yourself and recognising who you are beyond survival mode.

There is no pressure to have everything figured out.

Healing and rediscovery often happen slowly.

1. Parts Of Myself I Feel I Lost Along The Way

Examples may include:

- Confidence
- Creativity

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- Restfulness
- Playfulness or joy
- Trust in yourself
- Motivation or direction
- Emotional openness
- Sense of identity

Reflection Space

What parts of yourself feel disconnected, hidden or lost after long periods of stress or survival mode?

2. Ways Survival Mode Changed Me

Examples may include:

- Becoming hyper-independent
- Struggling to rest
- People pleasing

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- Emotional shutdown
- Hypervigilance
- Fear of conflict or rejection
- Difficulty trusting yourself

Reflection Space

How do you feel survival mode affected your emotions, confidence, relationships or sense of self?

3. Things That Make Me Feel More Like Myself

Examples may include:

- Creativity
- Calm environments
- Safe people
- Music, movement or hobbies
- Time alone without pressure

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- Feeling emotionally understood
- Freedom from constant stress

Reflection Space

What experiences, activities or environments help you reconnect with yourself?

4. Qualities I Still Have Even After Everything

Examples may include:

- Resilience
- Compassion
- Creativity
- Emotional insight
- Determination
- Strength
- Kindness

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- Adaptability

Reflection Space

What strengths or qualities do you recognise in yourself, even after difficult experiences?

5. What Confidence Might Look Like for Me

Confidence does not always mean becoming loud, fearless or perfect.

Sometimes confidence looks like:

- Feeling safer being yourself
- Trusting your instincts
- Setting boundaries
- Taking up emotional space
- Resting without guilt
- Speaking honestly
- Rebuilding self-trust gradually

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Reflection Space

What would rebuilding confidence look like for you personally?

6. What I Want More Of In My Life

Reflection Space

What would you like more space for moving forward?

Reflection

Survival mode may have shaped parts of you, but it does not define your entire identity.

Healing often involves slowly reconnecting with:

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- Safety
- Rest
- Confidence
- Joy
- Boundaries
- Emotional honesty
- Self-trust

You are allowed to become more than just someone who survives.

Important Reminder

You are not behind because healing, rebuilding or rediscovering yourself takes time.

Small moments of self-awareness, confidence and emotional safety still matter.

Support & Further Resources

Rebuilding identity after survival mode is often a gradual process of reconnecting with yourself with compassion rather than pressure.

WeAreUnmuted

Turning silence into understanding through lived experience.

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