

Post-Trauma: Thrive Journaling

Prompts

Blending tantric healing with trauma recovery can be really effective, and journaling plays a big role in this process. It helps you reconnect with your body, respect your inner feelings, and let go of pain that you might be holding onto. Tantric practices focus on being present, breathing deeply, and appreciating your body, which can enhance the healing from trauma when combined with thoughtful journaling.

Grounding & Safety

These prompts can help you stay focused on the present moment and trigger your body's natural defense mechanisms:

- Name three things you can see, hear, and feel right now that make you feel safe?
- Describe the sensation of your feet on the ground—how does the earth support you? (Root Chakra)
- What mantra or breath phrase makes you feel protected and grounded? (Mantras/Breath Phrases)
- Write about a time you felt a genuine sense of peace—recall the smells, sounds, and sights?
- How can you nourish your physical body in the next hour to show it kindness?
- Describe your “inner sanctuary”—a mental room where no one can enter without your permission.

Processing the Past

Exploring your inner child can help you understand the unspoken rules that shape your life, especially when it comes to recognizing your own worth. By tapping into that playful and curious part of yourself, you can discover what truly makes you happy and what you value. This journey encourages you to honor your feelings and needs, reminding you that you deserve to be treated with respect and kindness. Embracing this process can lead to a stronger sense of self and a deeper appreciation for who you are:

- If you could go back and sit with your younger self, what would you tell them about their worth?
- What was a “survival skill” you learned as a child that you no longer need today?

- Describe a childhood memory where you wished someone had stood up for you—how can you stand up for yourself now?
- What is one “unspoken rule” from your upbringing that you are now ready to break?
- How does your “inner child” express fear, and how can you soothe them today?
- Write a letter to your younger self explaining that the trauma was never their fault.

Somatic Healing

Trauma can be held in our bodies, and these prompts help you to reconnect with how you feel physically.:

- Take a moment to pay attention to how your body feels. Notice any areas that might be tense or relaxed, and check in with your breathing. This can help you understand your physical state better and can be a good way to feel more connected to yourself: Where are you holding the most tension right now (shoulders, jaw, gut)?
- What physical activity helps you feel most “in” your body?
- Describe a moment today that made you realize how capable you can be when you put your mind to it.
- How do you react to physical touch? What does that tell you about your boundaries?
- Write about the “burden” of your trauma; how it affects how you think, feel, and act, making everyday life tougher. It’s important to write about/share this trauma and how you can release it.

Integration Tips

- **Breathe before writing**—use a mantra or breath pattern to center yourself.
- **Use sensory details**—describe smells, textures, and sounds to ground in the present.
- **Name your inner guide**—address your inner child or higher self directly in your writing.
- **Let Go with Purpose**—end each session with a breath or affirmation that honors your healing.

Combining tantric presence with trauma journaling creates a safe and aware environment that helps people heal and accept themselves more fully. This approach allows individuals

to connect with their feelings and experiences on a deeper level, promoting personal growth and understanding.