



# healing *journal*



live  
beyond



# Welcome to your Healing Journal.



Adverse Childhood Experiences (ACEs) are stressful or potentially traumatic experiences that happen before the age of 18, like having a caregiver who struggled with mental health or substance use, witnessing domestic violence, or experiencing abuse or neglect. They can cause toxic stress that may affect your life or relationships today.

This journal is your companion with space for self-reflection, exploration, and personal growth. Whether you're just beginning your healing journey or have been on this path for some time, this journal is here to support you. Remember there is no right or wrong way to heal. Your healing journey is unique to you, with your own pace and process. You can use the pages in any order and in whatever way you find helpful.

Whether you spend a few minutes each day journaling or dedicate longer periods of time to reflection, know that every moment you invest in your healing is a step forward. Healing is possible, and you are not alone. You CAN live beyond the things that happened to you.

Learn more about ACEs and toxic stress, and get help with your healing journey on the Live Beyond website at [livebeyondCA.org](http://livebeyondCA.org). And check out the resources on the back of this journal.

Date: \_\_\_\_\_

Mood:



What are three things you love <sup>♥</sup> about yourself, inside or out?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Healing is an art. It takes *time*. It takes *practice*. It takes *love*.  
—Pavana Reddy



**Date:** \_\_\_\_\_

**Mood:**



Draw a map of your support network – either as it is, or as you would like it to be. Think broadly about who is in your support network — it might include friends, family, online communities, pets, teachers/mentors, spiritual leaders, or professionals. (Don't worry about making it look good.)

You're *not selfish* for wanting to be treated *well*.

—*Jason Momoa*



Date: \_\_\_\_\_

Mood:



What are three goals you'd like to work towards to improve your well-being? Pick one to start first. And then identify one small action you can take today to get closer to that goal.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Self-dedication is a *spiritual experience*.

—*Cesar Chavez*





Date: \_\_\_\_\_

Mood:



Which thoughts, emotions, or behavior patterns have you noticed that may be a result of the things (both good and bad) you experienced in your childhood?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Not *everything* that is faced can be changed, but *nothing* can be changed *until it is faced*.

—*James Baldwin*



Date: \_\_\_\_\_

Mood:



Create a self-compassion mantra to repeat during difficult moments. Some examples:  
“I offer myself the kindness and support that I need.”\*  
“I’m safe. I’m okay. I’m loved.”  
“My past doesn’t control my present.” ♡

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Date: \_\_\_\_\_

Mood:     

List five things you're grateful for, no matter how small.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Looking behind I am filled with *gratitude*. Looking forward I am filled with *vision*. Looking upwards I'm filled with *strength*. Looking within I discover *peace*.

*Quero Apache Prayer*



Date: \_\_\_\_\_

Mood:



Write about a dream or aspiration you've been  
>hesitant< to pursue and explore why. What can  
you do [today] to get yourself one step closer?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Our fear was *not as strong* as our *courage*.

—*Malala Yousafzai*





Date: \_\_\_\_\_

Mood:



Reflect on a time when you first realized things could be {different.}

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Our struggles are particular, but we are *not alone*. We are not perfect, but we are *stronger* and *wiser* than the sum of our errors.


—Audre Lorde



Date: \_\_\_\_\_

Mood:



Practice a mindfulness exercise to ground yourself right now. You can do this anywhere to come back to the present moment when you feel anxious. 

List:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



---

---

---

---

---

---

---

---

---

---

To breathe and *know you are alive* is wonderful. Because you are  
alive, *everything is possible*.

—*Thích Nhất Hạnh*



Date: \_\_\_\_\_

Mood:



5!  
Make a list of five things or places that make  
you feel safe and secure.



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

I can be *changed* by what happens to me, but I *refuse* to be  
*reduced* by it.

—*Maya Angelou*



Date: \_\_\_\_\_

Mood:



Think about what you have tried so far to help yourself on your healing journey or to cope with negative feelings in general. What has been helpful? What hasn't?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





Date: \_\_\_\_\_

Mood:     

Write a letter to your younger self, offering  
♥ love, support, and understanding.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

I am *not* what happened to me. I am what I *choose to become*.


—*Carl Jung*



**Date:** \_\_\_\_\_

**Mood:**     

Write about a <sup>++</sup>positive memory (as a child or adult) of someone who made a difference for you during a difficult time.



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Date: \_\_\_\_\_

Mood:     

Write about a hobby or <sup>😊</sup>activity that brings you joy and relaxation. How can you build it into your schedule on a regular basis?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Your self-worth is determined by *you*. You *don't* have to depend on *someone telling you* who you are.

—*Beyoncé*





---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

At the end of the day, we can endure *much more* than we think we can.

—*Frida Kahlo*





Date: \_\_\_\_\_

Mood:



Write a letter to someone who has hurt you, expressing your feelings and telling them how you are moving on from the hurt. (You don't have to send it.)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



**Date:** \_\_\_\_\_

**Mood:**



Think about a challenge in your life you are currently facing and brainstorm possible solutions. Who could you talk about this with?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Date: \_\_\_\_\_

Mood:



List three ways you can practice self-care this week. Be as specific as you can!

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Sometimes the *bravest* and *most important* thing you can do is  
*just show up.*

—*Brené Brown*



Date: \_\_\_\_\_

Mood:



What patterns have you seen in other family members that could be connected to ACEs or other trauma they experienced?

What will you do differently to prevent that in future generations?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





Date: \_\_\_\_\_

Mood:



Write a letter to your future self, expressing hopes and dreams for what your life will look like when you're further along in your healing journey.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

It's not *who you are* that holds you back, it's who you *think*  
you're not.

—*Jean-Michel Basquiat*



# Free Healing Resources

## Live Beyond Campaign

Learn about Adverse Childhood Experiences (ACEs) and toxic stress, and how they may have affected you. Get the tools to help you start your healing journey.

[livebeyondCA.org](https://livebeyondCA.org)

## Soluna App

Chat one-on-one with professional coaches. For 13- to 25-year-olds in California, this free app also offers free-writing journals, de-stressing tools, and forums where you can get and give advice — or vent.

[solunaapp.com](https://solunaapp.com)

## BrightLife Kids App

If you are a parent or caregiver in California, this free app offers video or chat-based coaching and mental health support in English and Spanish. Coaches are also experienced in LGBTQ+ and diverse communities.

[helloworldline.com/brightlifekids](https://helloworldline.com/brightlifekids)

## 988 Suicide & Crisis Lifeline

If you're in a crisis, having thoughts of suicide, or need someone to talk to, 988 can support you in your immediate crisis, and connect you with follow-up resources. Share only what you want. Open 24/7 and 100% free of charge.

Call/text 988 · Chat at

[988lifeline.org](https://988lifeline.org)

## Teenline

For teens, staffed by trained teens. (After hours, you'll be redirected to 988.) Talk about anything — a rough day, school, relationships, friendships, family issues, or a mental health crisis.

Call 1-800-852-8336 (6PM–10PM PT)

Text TEEN to 839863 (6PM–9PM PT)

[teenline.org](https://teenline.org)

## The Trevor Project Lifeline

Created for but not limited to 2SLGBTQ+ young people ages 13–24. Free and confidential, open 24/7.

Call 1-866-488-7386

Text START to 678-678

[thetrevorproject.org/webchat](https://thetrevorproject.org/webchat)



**live  
beyond**



OFFICE OF THE  
**CALIFORNIA  
SURGEON  
GENERAL**

*livebeyondCA.org*

