



Reclaiming Your Power And Identity

Step One: Research | A self-help guide worksheet

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This worksheet is your first step toward stepping out of an abusive relationship. It's all about self-discovery, healing, and remembering who you truly are. Within these pages, you'll find a safe space to reflect on your past, honor your present, and envision the future you deserve. Healing begins when we reconnect with ourselves—and with our memories comes clarity, strength, and freedom. Be gentle with yourself as you move through this process; every insight, every memory, and every step forward is part of reclaiming your power.

Section 1: Remembering You (Before the Abuse)

1. What were your favorite hobbies or activities as a child?
2. What did you dream of becoming when you grew up?
(& not just career-wise. What lifestyle did you dream of having?)
3. What qualities did you admire in others?
4. What made you feel truly happy and alive?
5. Who did you admire the most? and why?

Journal Prompt: Describe a specific memory from your childhood where you felt carefree and joyful. What details stand out to you?

Section 2: Evaluating Your Present (Acknowledging the Impact)

1. What are some of the biggest challenges you are currently facing?
2. How has the abuse impacted your relationships with others?
3. What are some negative thought patterns or beliefs you hold about yourself?
4. What are some ways you cope with stress or difficult emotions?

Reflection Notes: How has recognizing these impacts made you feel? Acknowledge any emotions that arise without judgment.

Journal Prompt: What is one pattern or belief I hold about myself that my younger self would resent me for carrying? What do I want to release? How will I feel once I let go of this pattern or belief?

Section 3: Setting Intentions for Your Future (Reclaiming Your Power)

1. What are some changes that you want to make in your life? How can you begin to take small, meaningful steps toward those changes even while you're still in a difficult or unsafe situation?
2. What are some goals you want to achieve in the next year?
3. What big steps can you take to start moving towards these goals?
4. What does your ideal future look like?

Journal Prompt: Visualize your ideal future in detail. What do you see, hear, feel, and experience?

Section 4: Rebuilding with Intention.

1. What brings you comfort or peace right now?
2. What are three things you want to discover about yourself?
3. What parts of your future self feel exciting, powerful, or aligned?

Journal Prompt | Reflection

Take a moment to reflect on the steps you are ready to take toward rebuilding your life. Answer these prompts in your journal:

- What is one small, actionable step I can take today to move closer to the life I want?
- How can I honor my feelings while still taking steps forward?
- What does my ideal future self look like, and how can I start showing up as her now?

Section 5: Affirmations Station.

Affirmations to Support Your Healing & keep you encouraged.

- I am allowed to remember who I am.
- My identity is mine to define and reclaim.
- The version of me that survived deserves rest.
- The version of me that is rising deserves love.
- I am rebuilding, not broken.

Section 6: Reflection Page.

Use this space for free writing, thoughts, memories, or anything that surfaces throughout this worksheet.

For One-on-One Counseling Sessions
For personal guidance and support, you can book a private session with me via email: indonesia@sisshesurvives.com.

Calls or FaceTime sessions are available by appointment.

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