

sur[♥]THRIVER 28 Day

Writing prompt challenge

Day 1 – I am most proud of myself because...

Day 2 – I am struggling to let go of...

Day 3 – Ten things I am grateful for...

Day 4 – I can see how my fears have...

Day 5 – Boundaries are something that...

Day 6 – My recovery journey took me to...

Day 7 – The lesson that surprised me was...

Day 8 – I am most angry at... because...

Day 9 – When I step away from... Then I will...

Day 10 – Another way to look at this might be...

Day 11 – I trust myself because...

Day 12 – Letting go of people was hard because...

Day 13 – I can forgive myself because...

Day 14 – Trusting again is my goal because...

Day 15 – The best thing about me is...

Day 16 – The emotion I felt most today was...

Day 17 – I connect to my inner child...

Day 18 – Trauma has changed me...

Day 19 – When I am stressed I feel it in my body...

Day 20 – The role guilt has played in my life is...

Day 21 – I would like to set a recovery goal to...

Day 22 – If I am really honest with myself...

Day 23 – I surrender my...

Day 24 – The next chapter of my story goes like this...

Day 25 – The person I was before the abuse was...

Day 26 – Peace in my life would feel like...

Day 27 – Today I learned...

Day 28 – I am a surTHRIVER because...