

Emotional Abuse Recovery Reflection Worksheet

Part 1: Identifying Patterns

Place a check next to any experiences that apply to you.

- ☐ I frequently apologize, even when I haven't done anything wrong.
- ☐ I often question my memories or perceptions of events.
- ☐ I feel responsible for other people's emotions.
- ☐ I struggle to trust my own judgment.
- ☐ I avoid expressing my needs out of fear of conflict.
- ☐ I feel anxious when setting boundaries.
- ☐ I feel like I have lost confidence in myself.

Reflection

What situations make you feel the most uncertain about yourself?

Part 2: Reclaiming Your Voice

Complete the following statements:

My feelings are valid because:

One opinion I have been afraid to express is:

One boundary I would like to strengthen is:

Part 3: Self-Compassion Practice

Imagine speaking to a close friend experiencing what you have experienced.

What would you say to them?

Now read those same words as if they were meant for you.

Part 4: Moving Forward

One healthy step I can take this week is:

Who can support me as I continue healing?
