

Triggered, Not Failing

A Reflection Worksheet for the Healing Mom

This worksheet is not about guilt. It is about awareness. Awareness leads to healing. Healing changes legacy.

Part 1: The Moment

1. Describe the situation that triggered you:

2. What emotion did you feel immediately?

3. How did your body respond?

Part 2: The Root

4. What did this moment remind you of?

5. When was the first time you remember feeling this same emotion?

6. What did you need in that past moment that you didn't receive?

Part 3: The Reframe

7. If I were responding from security instead of survival, I would...

8. What is true right now?

9. One thing I can practice next time:

Part 4: Repair & Grace

10. Do I need to repair this moment with my child? What will I say?

11. What does grace look like for me right now?

Declaration:

I am not failing. I am healing. Every trigger is revealing something God wants to restore. I choose awareness over shame and growth over guilt.

Signature: _____ Date: _____
