

5-Day Gratitude Journal for Healing After Betrayal

Healing is a practice, not a switch. Each day, your brain is learning — slowly, gently — that it's safe to notice good things again. Start small. Some days the only thing you can find is a warm bed, and that's enough. By day five, you may be surprised what you remember.

1

DAY ONE · NOTICE COMFORT

What is one small thing that made you feel safe or comfortable today?

2

DAY TWO · NOTICE SUPPORT

Who is someone that showed up for you recently — even in a small way?

3

DAY THREE · NOTICE YOURSELF

What is one thing you handled today that took strength, even if no one noticed?

4

DAY FOUR · NOTICE A MEMORY

What is a memory — recent or old — that still makes you smile when you think of it?

5

DAY FIVE · NOTICE YOUR BODY

Think back over your week. Where did you feel a moment of calm in your body?

You don't have to feel grateful for everything. Just one true thing, once a day. That's how your nervous system learns it's allowed to rest again.

*"If you're ready to talk this through, Cheryl offers a confidential consultation. **Book here: cherylcamarillo.as.me/**"*