A PAUSE, A PRACTICE, A NEXT STEP

Journaling

A few words can help you find a next step.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Choose a private place

Use a notebook or another place you can protect. Consider who could see it. You can reflect mentally instead if writing is not comfortable.

01 / Notice and reflect

What happened, in a few factual words?

02 / Notice and reflect

What am I feeling or assuming?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Pause if writing increases flashbacks, distress, or compulsive checking. A therapist can help you choose a safer structure. Detailed trauma-writing treatments should be planned with a qualified clinician.

Read more: VA Whole Health · Therapeutic journaling and the power of the mind

More tools and immediate support: Our Healing Room / Crisis Support.