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# The Restoration Journal

A space to record the strengths you've uncovered.

Healing is like Kintsugi—the art of repairing broken pottery with gold. The cracks aren't hidden; they are illuminated because they show the beautiful story of survival. Use this space to honor your gold.

## The Journey

When we started four weeks ago, my nervous system felt like...

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Today, the quietest or safest moment I experienced was...

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## My Gold (Strengths Discovered)

One survival skill I am deeply grateful for is:

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One boundary I successfully held (even a tiny one) is:

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One way I advocated for my own peace is:

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## Coming Home

A part of "The Real Me" that I am slowly inviting back into the light is:

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