



MY TRAUMA

Three Buckets for Healing

I deserve to feel safe. I deserve to be secure. I deserve stability. ♥

SAFETY

How I create a safe environment for myself.

SECURITY

How I protect myself and feel emotionally safe.

STABILITY

How I build a steady and balanced life.

I MATTER
I AM STRONG
I AM ENOUGH

ROUTINE
SUPPORT
GROWTH
HOPE

♥ I am healing. I am growing. I am becoming. ♥