THE STAGES OF HEALING WORKBOOK

A gentle self-reflection guide
Kristi Healing Journey

You are not broken. You are learning, understanding, and returning to peace.
Healing unfolds in stages — sometimes slowly, sometimes painfully, but always with
purpose.
Use this workbook to reflect on where you are in your journey

Welcome

Healing doesn't happen all at once.
It unfolds in stages — sometimes slowly, sometimes painfully, but always with purpose.

This workbook will help you recognize where you are in your healing journey and reflect with compassion.

@KristiHealingJourney

Stage 1 — Survival Mode

I thought something was wrong with me.
In this stage, emotions feel overwhelming and confusing. The focus is simply getting through
the day.
Reflection
• What situations overwhelm me most right now?
• What do I usually do with difficult emotions?
• Do I feel safe expressing my feelings?

Journal space:

Stage 2 — Awakening

Maybe this reaction isn't about today.
You begin noticing triggers and patterns. Curiosity starts replacing self-blame.
Reflection
• What situations trigger me repeatedly?
• What past experiences might connect to these feelings?
• What am I beginning to understand about myself?

Journal space:

Stage 3 — Understanding

Nothing was wrong with me — I was carrying pain.
You see how past experiences shaped your reactions and begin developing compassion for yourself.
Reflection
• What pain have I been carrying?
• What emotions did I learn to hide?
• What would I say to my younger self today?

Journal space:

Stage 4 — Responsibility Shift

I didn't cause it, but I can change what I allow.
Healing becomes about your current choices, boundaries, and growth.
Reflection
• Where am I allowing things that don't feel right?
• What boundary might support me?
• What healthy choice can I make today?

Journal space:

Stage 5 — Alignment

Peace feels different than temporary happiness.
You learn to recognize the difference between real peace and short-term highs.
Reflection
• What truly brings me peace?
• Where do I feel pressure instead of calm?
• What would choosing peace look like today?

Journal space:

Stage 6 — Healthy Mindset

I can see healthy vs. unhealthy now.

Awareness sharpens and responses begin to change naturally.

Reflection

• What healthy patterns do I notice in myself?

• What unhealthy dynamics do I recognize?

• How has my response to stress changed?

Journal space:

Stage 7 — Accountability Without Shame

I forgive them — and I forgive myself.
You acknowledge the past while allowing yourself compassion and growth.
Reflection
• What am I ready to forgive?
• What do I need to forgive myself for?
• What lesson have I gained from my experiences?

Journal space:

Stage 8 — Peace Protection

I won't abandon myself again.
You begin protecting your energy and maintaining boundaries calmly.
Reflection
• What helps me maintain my peace?
• Where do I still struggle to protect it?
• What boundary supports me right now?

Journal space:

Stage 9 — Generational Healing

My healing changes what I pass forward.
You focus on breaking unhealthy cycles and modeling emotional safety.
Reflection
• What patterns am I choosing to stop here?
• What healthy example do I want to model?
• What does healing forward look like in my life?

Journal space:

Final Reflection — Where am I right now?

Healing is not linear. You may recognize yourself in multiple stages, and that is normal.

• Which stage feels most like me today?

• What do I need most in this season?

• What is one gentle step I can take next?

Journal space: