



I recommend checking out this
blog to know more: [Self-Care
Journal](#)



♡ SLEEP IS IMPORTANT
AND SO ARE YOU ♡

Alternatives:

- Alternative #1
- Alternative #2

Sleep

Signs when you need rest:

- Sign #1
- Sign #2

Why are you awake?

- Reason #1
- Reason #2

Remember:

- #1
- #2



♡ IT'S GOING TO BE OKAY



Coping Methods

Distraction:

- Distraction #1
- Distraction #2

Emotional:

- #1
- #2

Physical:

- #1

Social:

- #1

Spiritual:

- #1

Personal:

- Hobbies
- #2

♡ YOU'VE GOT THIS ♡

Fears/Phobias

- Fear/phobia #1
- Fear/phobia #2

Fear/Phobia #1

[Fear of: ____]

Why do/when did you get this fear?

- Reason #1

Coping methods:

- #1

How to overcome:

- #1

Fear/Phobia #2

[Fear of: ____]

Why do/when did you get this fear?

- Reason #1

Coping methods:

- #1

How to overcome:

- #1

Words/Sentences or Actions

“Word/Sentence” or Action

— How it made you feel —

Reasons:

- #1

Instead:

- #1

Causes:

- #1

“Word/Sentence” or Action

— How it made you feel —

Reasons:

- #1

Instead:

- #1

Causes:

- #1

♡ YOU'RE VALID ♡

Gender Dysphoria

[Types]

Dysphoria Experienced:

- #1
- #2

Coping Methods:

- #1
- #2

Goals:

- #1
- #2

Triggers:

- #1
- #2



♡ YOU'RE REAL/
EVERYTHING IS REAL ♡

Coping Methods:

- #1
- #2

Dissociation

[Type of dissociation]

What you experience:

- #1
- #2

Triggers:

- #1
- #2



♡ YOU'RE SAFE ♡

Coping Methods:

- #1
- #2

Trauma

[The traumatic event]

Flashbacks Experienced:

- #1
- #2

Triggers:

- #1
- #2



♡ YOU'RE GREATER THAN
YOU REALIZE ♡

Coping Methods:

- #1
- #2

Eating Disorder

[Type of eating disorder or eating
disorder behaviors you do]

Reasons:

- #1
- #2

Behaviors:

- #1
- #2

(Healthy) Goals:

- #1
- #2



Triggers:

- #1
- #2

♡ YOU MATTER ♡

Coping Methods:

- #1
- #2

Self-Harm

[How you self-harm or what you
use/do to self-harm]

Reasons:

- #1
- #2

Behaviors:

- #1
- #2



Triggers:

- #1
- #2