

30 Day



Journey For  
Healing due to domestic Violence





# INTRODUCTION

Hey Love, My name is Whitney. I want to let you know I been in your shoes before which is why I created this 30 day journey. I never had any guidance or help, which I started to go on a journey for 30 days and ended up working out for the best. I'm sure it will work out for you like it did for me. First, I welcome you to your 30 day journey. This book is designed to support you as you heal from any trauma of an abusive relationship. Each day has an exercise that guide you with self reflection, understanding, and personal growth. Also I would be here to encourage you with a personal and motivational note from me. Remember healing is not a linear process, and you should move at your own pace. Every step you take is a VICTORY. Always put GOD first and know that he is with you and will see you through. I love you and I'm here for you.

## Note from Whitney:

Each day is designed to nurture, encourage, and empower, gradually moving each person towards healing and self discovery. Healing is deeply personal and non-linear journey. This book is just one step of your path.

-Whitney

# DAY 1: Acknowledge your Strength

*Exercise: Write a letter to yourself, acknowledging everything you've been through.*

*Don't be afraid to let your emotions flow. This is your safe space.*



*Note from Whitney:*



*Even in moments of uncertainty,  
you've shown incredible  
bravery in seeking support,  
standing up for yourself,  
and reclaiming your power.*

*What strength have you  
shown that you  
didn't even  
know you had*



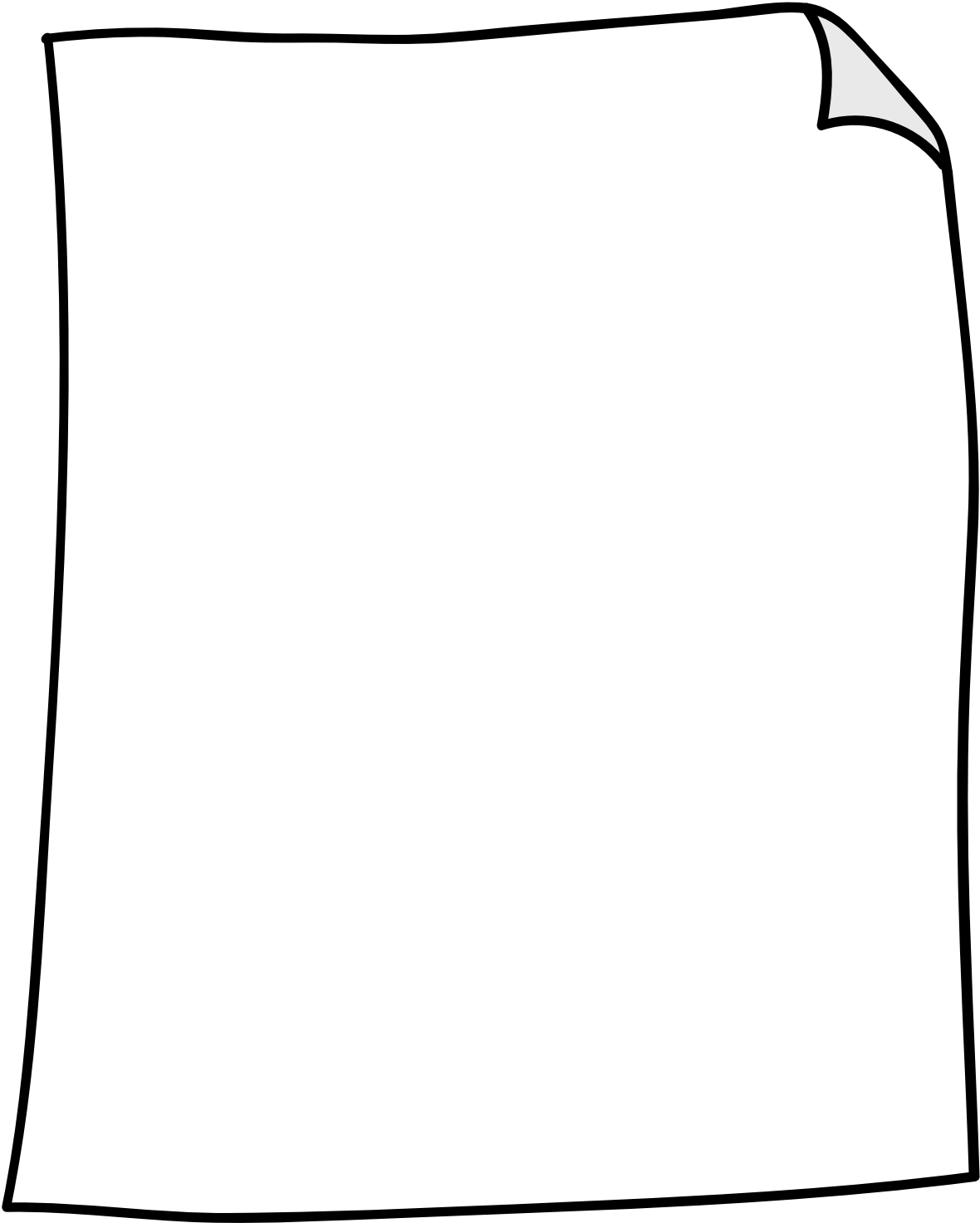
*write your response.*

**“**

*You are stronger than you think,  
braver than you feel, and more  
resilient than you know.*

**”**

Write your letter here, additional paper  
will be in the back of the book.



## DAY 2: Self-Worth

*Exercise: Make a list of qualities that make you unique and strong. Remind yourself why you matter.*



*Note from Whitney:*



*The strength you've shown,  
just by surviving and  
continuing  
to push forward,  
is incredible.*

**“**

*Even on the hardest days, please  
remember that you are more than  
the pain you've faced. You are  
deserving of peace, love, and a life  
free from fear.*

**”**

*what small steps can you  
take to honor  
your feelings today*



*write your response.*

## DAY 3: Identifying your emotions

*Exercise: Write down how you feel at the moment.  
Are there any recurring emotions?*



*Note from Whitney:*



*Identifying your emotions is the first step in understanding what's going on inside. It's okay to feel sadness, anger, fear, or even relief. Each emotion tells a part of your story, and acknowledging them can be a powerful step in healing and growth.*

“

*Emotions only last a moment, and  
remember trouble don't  
last always.*

”

*What small steps can  
you take to honor your  
feelings today*



*write your response.*

## DAY 4: Safe Spaces

*Exercise: Identify at least three physical/mental spaces that feel safe to you. It could be a person, place, or activity.*



*Note from Whitney:*



*Please take this to heart: there are people who care about you and want to help you find that safe space. You are not alone, and you don't have to navigate this on your own. Your worth is immeasurable, and you have every right to seek peace, safety, and love in your life.*

“

*Take your time to find the safety and support you need. You are strong, and you deserve to heal in a space that makes you feel whole again.*

”

*How can you incorporate these safe spaces in your day to day life*



*write your response.*

## DAY 5: Healthy Boundaries

*Exercise: What are three boundaries that is good for your mental and emotional health?*



*Note from Whitney:*



*It's important to remember that setting boundaries is an act of self-respect. You deserve relationships where your needs are respected, and where your safety, dignity, and emotional health are a priority. Don't feel bad for saying "no" or distancing yourself from situations or people that make you feel unsafe or unsupported.*

**“**

*You are worthy of peace, love, and respect. Boundaries are essential in protecting that worth. You have the strength to stand firm in your boundaries, and with each step, you are taking back your power.*

**”**

*How can you implement these boundaries in your life*



*write your response.*

## DAY 6: Grief and Healing

*Exercise: Reflect on your losses both emotional and tangible.  
Write a letter to the person or situation you've lost.*



*Note from Whitney:*



*Healing from domestic violence is not just about moving on from the trauma—it's about processing loss, pain, and sometimes even parts of yourself. Grief can show up in many ways: sadness, anger, confusion, or even numbness. All of these feelings are valid, and it's important to give yourself permission to feel them, without judgment.*

**“**

*Grief doesn't mean you're weak; it means you've been through something incredibly difficult, and now you're on a journey to reclaim your life.*

**”**

*How does acknowledging  
your grief help you  
heal*



*write your response.*



## DAY 7: Affirmations of love

*Exercise: Write 5 positive affirmations about yourself.  
Repeat them daily out loud.*



*Note from Whitney:*



*Love isn't about perfection, and it's not about what others have done to you. It's about the truth of who you are—strong, resilient, compassionate, and deserving of peace. Even in moments when it feels hard to remember your own worth, please know that love is still there for you, and it will always be.*

**“**

*I want you to know that you are deeply loved, just as you are. You are worthy of unconditional love, respect, and kindness.*

**”**

*How does saying them out loud make you feel*



*write your response.*

## DAY 8: Self-Care

*Exercise: Create a self-care checklist. This could include taking a walk, journaling, cleaning.*



Note from Whitney:



Self-care can look different every day. It might be as simple as allowing yourself to rest, eating nourishing food, or taking a walk to clear your mind. It could also mean seeking support, whether it's from a therapist, support group, or trusted friends. Whatever it looks like for you, know that it's not only okay, but necessary, to focus on your own needs.

“

I want to remind you how important it is to take care of yourself during this journey of healing. You've been through so much, and you deserve time, space, and kindness as you rebuild and reclaim your peace. Self-care isn't selfish—it's essential for your well-being, and it's a vital part of healing from everything you've endured.

”

What self-care activity would you commit to today



write your response.

## DAY 9: Releasing Guilt

Exercise: write down the guilt you may feel about the past.  
LET IT GO.



Note from Whitney:



It's natural to question things, to wonder if you could have done something differently, or to feel the weight of guilt, but please know this: you did not cause the violence, and you are not at fault for someone else's harmful actions. The only thing you are responsible for is your own healing, and even that takes time.

“

want to remind you that you are not to blame for what has happened. The guilt you may be carrying is not yours to hold. No one deserves to be hurt or mistreated, no matter the circumstances, and the responsibility for any pain you've experienced lies solely with the person who caused it, not with you.

”

Can you forgive yourself  
for things you  
couldn't control



write your response.

## DAY 10: Finding your Voice

*Exercise: Write down something you're too afraid to say.  
Say it out loud to yourself.*



Note from Whitney:



Your voice holds your strength, your truth, and your story. It is a tool for healing, for empowerment, and for reclaiming the control that was taken from you. It's okay to speak up, even if it's just to yourself at first, and it's okay to ask for what you need. You are worthy of being heard, and your words matter.

“

Finding your voice after experiencing domestic violence is a process, and it takes time. It's okay to start small, to speak your truth in moments that feel safe, and to gradually build the confidence to share your feelings, your needs, and your boundaries. You have every right to express yourself without fear of judgment, criticism, or harm.

”

How did it feel to  
express yourself



write your response.

# DAY 11: Reclaiming your Power

*Exercise: Write down a list of things you have control over in your life.*



*Note from Whitney:*



*Reclaiming your power isn't about becoming someone different—it's about rediscovering the incredible person you've always been and embracing the control over your life that no one can take away.*

**“**

*I want to remind you of something very important: you have always had power within you. Even through everything you've endured, your strength, resilience, and courage have never left you.*

**”**

*What power do you feel like you have in your own healing*



*write your response.*

## DAY 12: Letting go of Shame

*Exercise: Identify any feelings of shame you're carrying. Write them down, then tear it up, or burn the paper as a symbol of letting go.*



*Note from Whitney:*



*Releasing shame is an empowering act of self-love and acceptance.*

*How does releasing shame change your view of yourself*



*write your response.*

**“**

*Remember these feelings don't define you, They are simply apart of your growth.*

**”**

Blank area for writing your response.

## DAY 13: Rediscovering Joy

*Exercise: Write about something that brings you joy, it could be a hobby, pet or a happy memory.*



*Note from Whitney:*



*Rediscovering joy can feel challenging, but it's also incredible rewarding.*

“

*Joy is not something you can find, it's something you rediscover when you allow yourself to embrace the simple moments of your life.*

”

*How can you bring more joy into your life everyday*



*write your response.*

# DAY 14: Healing through Creativity

*Exercise: Draw or paint something that symbolizes your healing.  
Dont worry about it being perfect. JUST LET IT FLOW!*



Note from Whitney:



*Healing begins when we allow  
ourselves to express what's within  
and creativity becomes the bridge  
that connects our pain to our  
peace.*

What do you notice about  
the way you feel  
after creating



*write your response.*

“

*Each brush stroke, word, or melody  
has the potential to transform pain  
into strength.*

”



## DAY 15: Identifying Triggers

*Exercise: Identify any emotional triggers related to the abuse.  
How do you cope when triggered?*



*Note from Whitney:*



*Understanding your triggers is the first step to reclaiming your peace. Empower yourself to respond with awareness not reaction.*

*What healthy coping mechanisms can you use in the future*



*write your response.*

**“**

*Identifying your triggers is a powerful act of self awareness and growth. It's not about weakness, it's about strength. The strength to recognize what impacts you and take control.*

**”**

## DAY 16: Rebuilding Trust

*Exercise: List the people in your life you can trust.*



*Note from Whitney:*



*Rebuilding trust is not forgetting the past, but about choosing to believe in the possibility of a stronger future. Build on honesty, patience and growth.*

*How do they  
make you feel  
safe*



*write your response.*

**“**

*With patience, understanding, and effort, trust can be restored.*

*Relationships can grow even deeper, and more beautiful than ever before.*

**”**

# DAY 17: Taking control of your Future

Exercise: write down your goals for the future big or small  
Break them down in actionable steps.



Note from Whitney:



You are the creator of your own destiny. Remember the best way to predict the future is to create it.

What is one small step you can take today to move forward towards your goals



write your response.

“

Taking control of your future starts with the decision to your own present.

”

## DAY 18: Practicing Patience

*Exercise: Write down a list of ways you can practice patience with yourself as you heal.*



*Note from Whitney:*



*Practicing patience is learning to trust the timing of the journey, knowing that everything unfolds as it should, even it doesn't align with your plan.*

*How can you remind yourself that healing takes time*



*write your response.*

**“**

*Patience is not the ability to wait , but the ability to keep good attitude while waiting.*

**”**

## DAY 19: Letting go of the Past

*Exercise: Write down something you are still holding onto from the past. Now, write down a statement of release for it.*



Note from Whitney:



*The past is a chapter, not the whole story. Yes it shaped you, but it does not define you. It doesn't mean to forget but to free yourself from the weight of what no longer serves you. It is about choosing peace over pain, and growth over regret.*

“

*Every new day offers a fresh start, a chance to create a new path. Let go of the need to control what's already happened and embrace the power of the present. Let go for what is yet to come.*

”

How does letting go make you feel



*write your response.*

## DAY 20: Building Confidence

*Exercise: Write down three things you've accomplished since leaving the abusive relationship.*



Note from Whitney:



*Confidence is not about being perfect. It's about trusting yourself to handle whatever comes your way.*

*How does this make you feel about your strength*



*write your response.*

“

*The more you trust yourself, the more confident you become. Know that confidence grows from experience courage, and willingness to embrace both your strength and imperfections.*

”

## DAY 21: Understanding what you Deserve

*Exercise: Write a letter to your future self, describing the love, respect, and peace you deserve.*



*Note from Whitney:*



*Don't let fear or doubt convince you that you deserve less. You are deserving of the very best life has to offer—don't be afraid to claim it.*

“

*You don't have to prove your worth to anyone. Understand you deserve love, and happiness, simply because you exist, and never settle for less than what reflects your true value.*

”

*What will you tell someone if they was in your shoes*



*write your response.*

## DAY 22: Mindfulness

*Exercise: Practice a 5-minute mindfulness activity, such as breathing or focusing on the sensations around you.*

Note from Whitney:

*Mindfulness is about being present in the moment, without judgement or distractions. It's about embracing the here, and now instead of being caught in the past or future.*

How did mindfulness help you feel more present

write your response.

“

*One breathe at at time, and one step at a time. Breathe deeply and experience the world as it is.*

”



# DAY 23: Community and Support

Exercise: List 3 people or groups that supports you.



Note from Whitney:



Community is the strength we draw from others, and support is the safety net that catches us when we stumble.

“

It is in the shared moments, the listening ears, and the hands extended in kindness that we find the courage to keep moving forward.

”

How can you lean on these people when needed



write your response.

## DAY 24: Empowerment through Knowledge

*Exercise: Read about domestic violence recovery or trauma.  
Write a reflection about what you've learned.*



*Note from Whitney:*



*Understanding the dynamics of domestic violence is the first step of breaking free. No one deserves to live in fear, you have the right to a life of safety, respect, and dignity.*

**“**

*Empowerment begins with knowing that you have options, that you deserve to live without fear, and that you have the strength to reclaim your life.*

**”**

*How does learning  
about recovery  
make you feel empowered*



*write your response.*

## DAY 25: Celebrating small wins

*Exercise: Celebrate one small win from your healing journey today.*



*Note from Whitney:*



*Every step you take towards healing and freedom is a victory worth celebrations.*

*How does recognizing your progress motivate you?*



*write your response.*

**“**

*You are rebuilding , growing, and finding your power with every moment. Don't forget to honor those WINS.*

**”**

## DAY 26: Gratitude Practice

Exercise: Write down 5 things you are grateful for today.



Note from Whitney:



Gratitude isn't about ignoring the pain, or pretending that everything is perfect, it's about recognizing the strengths within you, acknowledging the support you received, appreciating the progress you made no matter how big or small.

“

Even in the darkest moments, gratitude is the light that guides us towards healing.

”

How does gratitude shift your mindset



write your response.

## DAY 27: Rewriting your Story

*Exercise: Rewrite the narrative of your life. How do you want your story to unfold?*



Note from Whitney:



*Rewriting your story means choosing to see yourself not as a victim, but as a survivor—a warrior who has faced unimaginable challenges and emerged it with the power to create the life you deserve. Each chapter is filled with possibility, hope, and freedom to build the future that reflects your true self.*

“

*The pain you experience doesn't have to be the narrative that shapes your future. Your story is not over, It's just the beginning and you have the pen.*

”

What will you like to achieve moving forward



*write your response.*

## DAY 28: Compassion and Forgiveness

*Exercise: Write a letter of compassion to yourself. Reflect on how you are healing and growing.*



*Note from Whitney:*



*healing from domestic violence is a journey that requires deep compassion, both from yourself in time, from others. It is important to remember that forgiveness is not about excusing the hurt or minimizing your pain, but about freeing yourself from the grip of anger and resentment that could hold you back from your healing. It's a gift to yourself not the one who hurt you.*

“

*Healing begins when you choose to show kindness to your heart to release the burden of anger, allowing peace to take route and your strength to flourish.*

”

*can you forgive yourself for things beyond your control*



*write your response.*

## DAY 29: Strength and Vulnerability

*Exercise: Share your story with someone you trust, or write it down as if you was telling it to a love one.*



*Note from Whitney:*



*Both Strength and vulnerability are parts of your journey, you don't have to choose between the two, you need them both knowing that vulnerability is strength in itself, its a powerful step to reclaiming your life, and building the future you deserve.*

*How does being vulnerable with someone make you heal*



*write your response.*

**“**

*True strength lies in courage to be vulnerable. In the face of pain you show your power, not just by surviving, but by allowing yourself to feel, to heal, and rebuild with love and resilience.*

**”**

# DAY 30: Celebrating You!!!!

Exercise: Write a letter to yourself for completing this 30 day journey.



Note from Whitney:



take time to honor this achievement ,  
celebrate the victories, big and small.  
Give yourself credit for each step  
forward. You are stronger than  
before. Every challenge you face will  
only add to the foundation you  
are building for a peaceful,  
empowered life. Keep going this is  
only the beginning of your beautiful  
journey

What have you learned  
about your strength,  
resilience, and the  
ability to heal



write your response.

“

Everyday you've faced, you've  
chosen healing, growth, and  
promise of a brighter future.

YOU ARE UNSTOPPABLE

”

Blank area for writing your response.



# Conclusion

*Congratulations ! You have taken a powerful step towards healing and rediscovering yourself. Healing doesn't end after these 30 days, it was a step to get started. The activities are reminders of your strength, worth, and resilience. KEEP GOING! DON'T GIVE UP! Know that I'm here for you. Remember you are worthy of peace, love, and joy.*

