

# One Gentle Page to Start Healing Your Trust Wounds



## ✨ Let's Reflect First — Just You & Your Heart

Ask yourself gently — don't rush, don't judge.

1. What exactly am I afraid of?  
Rejection? Abandonment? Being misunderstood?  
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2. Whom did I trust before... who didn't show up for me?  
Is that wound still open inside me?  
.....

3. Do I still assume something bad will happen—even if it hasn't?  
Why do I prepare for the worst when I crave the best?  
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4. What parts of myself have I silenced... to feel "safe" in this relationship?  
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## 💖 Say These Mantras — Every Morning or Night

Speak these softly, even if your voice shakes a little.  
Let them become your new truth. 💬

🌿 "It's okay to not be okay. I'm healing — not hiding."

💖 "I can trust again. Not blindly — but bravely."

🌙 "My past is not my present. I choose to see this moment as it is."

🌅 "I'm not weak for feeling afraid. I'm strong for facing it."

☀️ "Today, I trust myself a little more. That's enough."

## 🧑‍🦰 Small Things That Help Big

Take a 10-minute walk without your phone — just you, nature, and fresh air

Journal 3 emotions you felt today — no need to explain, just name them  
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Make a short list:

"What I shared today + Who deserved to hear it"  
.....

Tell your partner (or yourself):

"I don't need you to fix me... just sit with me when I feel low."



*Healing is not about forgetting.  
It's about feeling it... and still choosing peace.*

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