



Scar-to-Strength Story Mapping

Before You Begin - A kind note:

This is a calm, reflective exercise, not one that asks you to relive the past. You'll be exploring your story safely, from a place of strength and self-awareness. Allow yourself to notice what you've learned, how you've grown, and who you've become.

If any emotion stirs as you write, simply pause, breathe slowly, and remind yourself:
"I am safe. I am in the present. I am stronger now."

Step 1. Name This Chapter

Give this part of your life a title that reflects your *growth, resilience, or transformation*.

Examples:

- "Becoming Me Again"
- "The Quiet Rise of My Strength"
- "A New Chapter, Written My Way"

My chapter title:

Step 2. Honour the Journey

Think of this as an overview, not the details, just the essence. What changed in your world, and how have you learned to move forward from it?

Ask yourself:

- What have I discovered about myself through this experience?
- How has it helped me grow, soften, or see life differently?

My reflections:



Step 5. Celebrate Who You've Become

Take a moment to acknowledge your courage.

Say softly to yourself:

"I honour my journey. I honour my body. I honour the woman I've become."

You may wish to write a simple affirmation or mantra, words that settle gently into your subconscious, reminding you that healing and wholeness are already unfolding within you. Let it feel soft, grounding, and true to your inner rhythm.

My affirmation:

Gentle Close

When you've finished, take a slow, grounding breath.

Place a hand over your heart or on your belly, and say quietly:

"I am here. I am safe. I am whole. My story continues with strength and grace."

The words here are simply guides. Take what resonates, rewrite what doesn't, this is your voice, your path.

Healing starts gently - with awareness, breath, and
self-compassion