

The book cover features a decorative border composed of a grid of small squares. Each square contains a different pattern of lines, including horizontal, vertical, wavy, zigzag, and dashed lines. The patterns are arranged in a repeating sequence across the entire border.

# There Is Hope for Me

An interactive trauma recovery journal for youth

Phyllis Kilbourn, PhD

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*An interactive trauma recovery journal*

**A Crisis Care Training International Publication**

Phyllis Kilbourn, PhD

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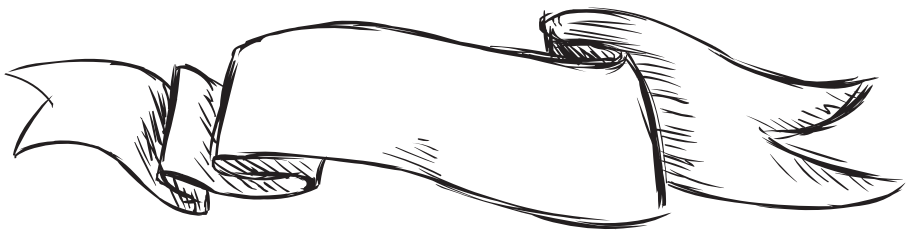
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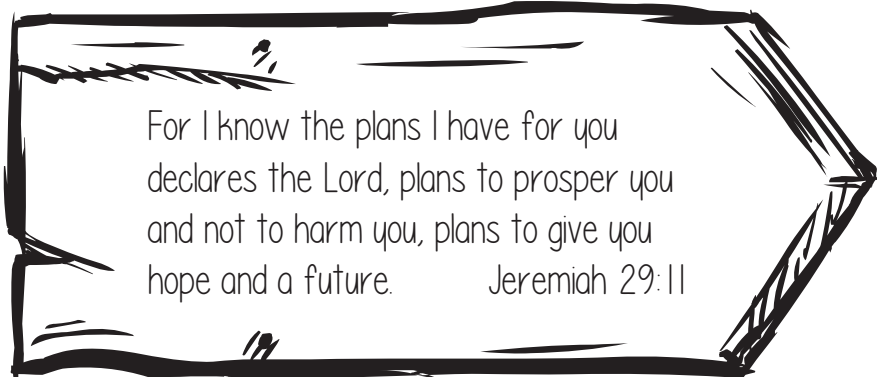
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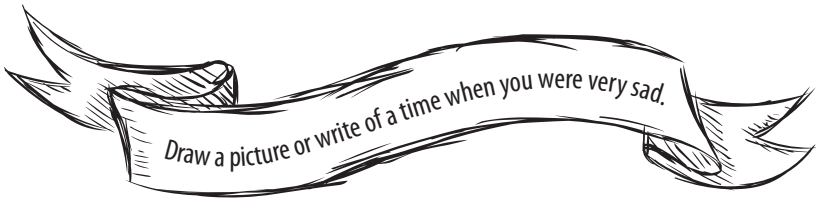
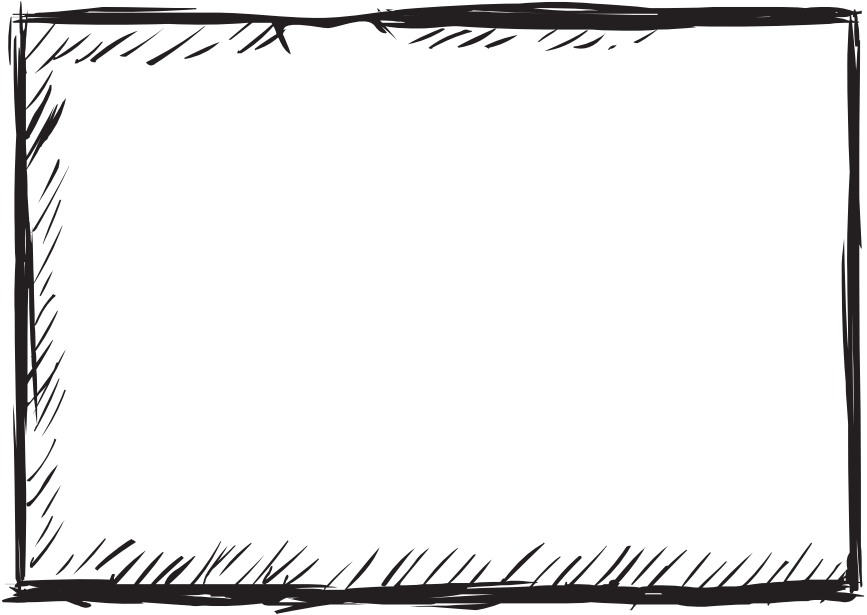


Date: \_\_\_\_\_

This journal was given to me by someone who wants me to know that I am special and that God loves me and has a wonderful plan for my life.



For I know the plans I have for you  
declares the Lord, plans to prosper you  
and not to harm you, plans to give you  
hope and a future.                      Jeremiah 29:11



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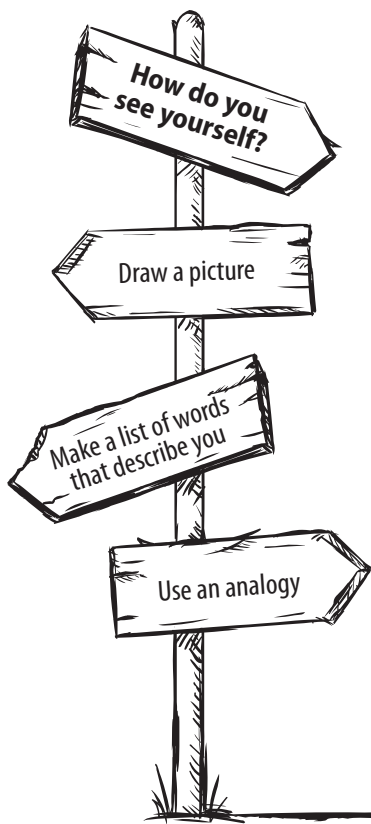
Then Jesus said, "Come to me,  
all of you who are weary and  
carry heavy burdens, and  
I will give you rest.

Matthew 11:28 NLT

1. What does this  
verse mean  
to me?

2. How can I apply  
this verse to my  
life today?

# This is me!



## I am like...

(Example: I am like a tiger, because I am roaring inside with anger.)

I am like...

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# My Favorite Things



Birthday Memory



Animal



Book or Movie



Song or Type of Music



Color



Season or Weather



Best Friend



Food



Sport or Outdoor Activity

"Do not fear, for I have redeemed you;  
I have called you by name; you are Mine!"

Isaiah 43:1 Amplified Bible

# God Will Help Me

God made you, He loves you. He cares about your family and your circumstances.

God is interested in helping us overcome our problems.

The Lord is my helper; I will not  
be afraid... Hebrews 13:6

Jot down 3-5  
things that  
shows  
how God  
has cared  
for you.

1

2

3

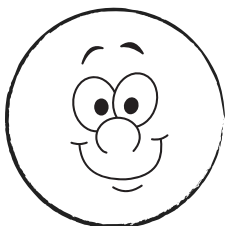
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# Before and After the Event

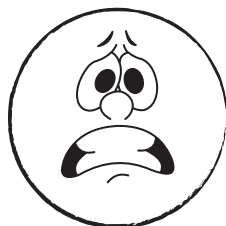
Make an ✕ next to the face for how you felt **before** the event, and a ✓ for how you felt **after**.



Happy



Sad



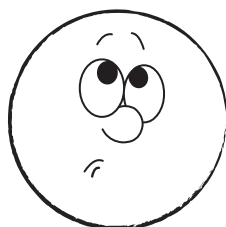
Afraid



Angry



Frustrated



Confused

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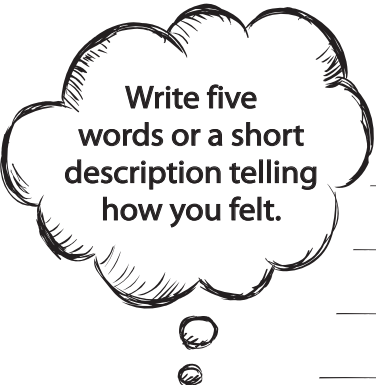
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Describe  
other  
thoughts or  
feelings you  
had before  
or after the  
event.

# God Understands My Feelings

Was there a time when you felt angry or afraid over  
what happened to you?



Write five  
words or a short  
description telling  
how you felt.

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Circle the words from the word list below that best  
describe your feelings.

Mad	Terrified	Want to hit something
Frozen	Nervous	Panicked
Crying	Screaming	Bitter
Hot	Worried	Raging
Offended	Anxious	Stamping my foot

Whatever you felt was okay!

# Things I Lost

Loss can be so much more than tangible things.

Friends

Family

Dreams


Tangible Things

Other


Blessed are those who mourn,  
for they will be comforted. Matthew 5:4

# Remembering Family & Friends

Write the names of family and friends  
who you want to remember



Write a favorite memory you have from one of the names  
you wrote in the flower wreath above.

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# God Takes Care of Me

Even though losses can make me feel sad, afraid, angry, or other feelings, knowing God cares for me can help to change my view of life.

Make a list of 3-5 ways that God is taking care of you.  
Or, you can draw a picture.

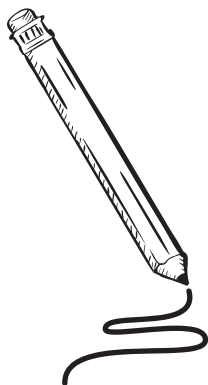
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# Thank You God

Write a prayer thanking God for His care.

Dear God,

Thank  
you

# Positive Things I Can Do



When we are feeling sad there are some things that we can do to help ourselves feel better and change the direction our thoughts.

Circle some things you like best from the list below.

Drawing

Journaling

Taking a walk

Listening to music

Spending time with  
a good friend

Praying

Reading

Asking a trusted  
person for help

Write down your thoughts or ideas of other things  
that you can do to help redirect your mind.

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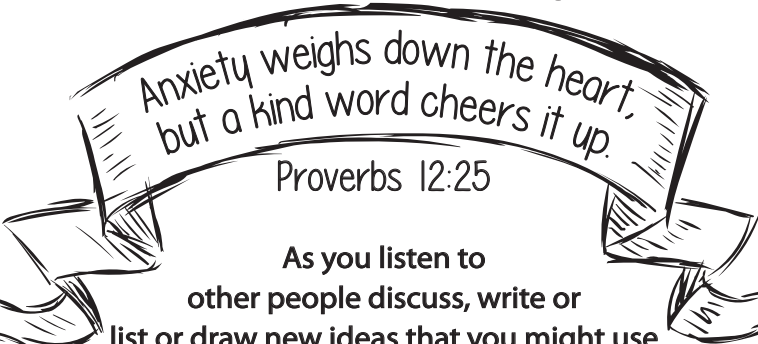
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May the God  
of hope fill you  
with all joy and  
peace as you  
trust in him, so  
that you may  
overflow with  
hope by the  
power of the  
Holy Spirit.

Romans 15:13

# Discussion Page



Anxiety weighs down the heart,  
but a kind word cheers it up.

Proverbs 12:25

As you listen to  
other people discuss, write or  
list or draw new ideas that you might use  
in the future to help redirect your thoughts and  
make yourself feel better.




# Telling My Story

To whom would you most like to tell your story?

Describe the person who is listening to you and where you would like to share your story. Or, draw a picture of this scene.

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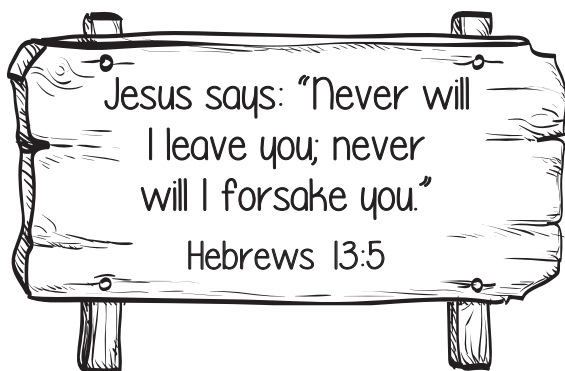
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# Jesus Our Help in Times of Trouble



**Write a song, poem or prayer that tells how Jesus can help you with how you feel.**

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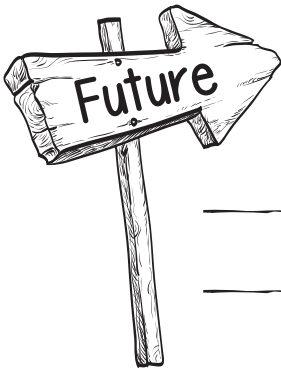
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God is our refuge and strength, an ever-present help in trouble. Psalm 46:1

# Plans for the Future

What would you like to do in the future?  
How would it be different from your life now?



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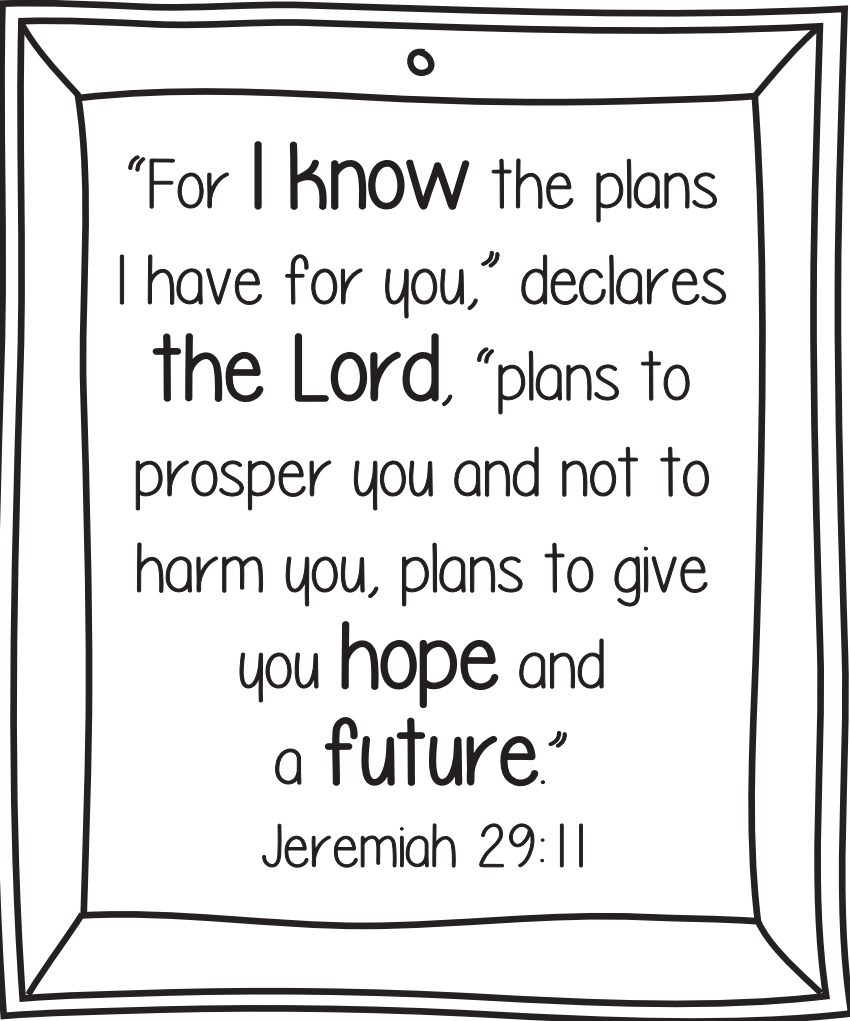
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Be strong and take heart, all you who  
hope in the Lord. Psalm 31:24

# God's Wonderful Promise To Me!

Memorize the Scripture verse below. Personalize the frame.



"For I **know** the plans  
I have for you," declares  
**the Lord**, "plans to  
prosper you and not to  
harm you, plans to give  
you **hope** and  
a **future**."

Jeremiah 29:11

The difficult things you have been through have made you strong. You have experienced God's love for you in wonderful and unique ways.

