HEALING JOURNAL

A Guided Journey Through Bucket Hole Healing

Welcome to Your Healing Journey

Bucket holes are emotional wounds from our past that make it harder to give and receive love. This journal is a safe space for you to explore these wounds, celebrate healing moments, and envision your future healed self.

Healing is not linear. Some days you'll feel progress, other days you'll feel stuck. Both are normal and valid. What matters is that you're showing up for yourself.

How to Use This Journal:

- Find a quiet, comfortable space where you feel safe
- Write honestly - this is for you, not for anyone else
- Take breaks when emotions feel overwhelming
- Celebrate small victories - all progress counts
- Return to these pages when you need encouragement
- Share with your therapist if it feels helpful

Affirmation:

"I am worthy of healing. My wounds do not define me. Every small step toward healing matters."

MY BUCKET HOLES STORY

Take time to tell your story. Where did your bucket holes come from? What experiences created wounds that make it hard to give or receive love?

Remember: Your story matters. Your pain is valid. You don't need to share this with anyone unless you choose to.

My Left Bucket Holes (giving love):

My Right Bucket Holes (receiving love):

How these holes have affected my relationships:

SMALL REPAIRS

Daily Tracking of Healing Moments

Healing happens in small moments. Notice and record when you:

- Accept a compliment without deflecting
- Ask for help when you need it
- Set a healthy boundary
- Show yourself compassion
- Receive love without feeling guilty
- Give love without expecting something back

1. **Date:** _____
   Healing moment: _____

2. **Date:** _____
   Healing moment: _____

3. **Date:** _____
   Healing moment: _____

4. **Date:** _____
   Healing moment: _____

5. **Date:** _____
   Healing moment: _____

6. **Date:** _____
   Healing moment: _____

7. **Date:** _____
   Healing moment: _____

8. **Date:** _____
   Healing moment: _____

9. **Date:** _____
   Healing moment: _____

10. **Date:** _____
    Healing moment: _____

VICTORIES LOG

Recording When Holes Feel Smaller

Sometimes you'll notice a bucket hole doesn't sting as much as it used to. Maybe a criticism doesn't devastate you, or giving feels lighter. These are victories worth celebrating!

Victory #1

Date: _____ **Which hole felt smaller?** _____

What happened:

_____

_____

Victory #2

Date: _____ **Which hole felt smaller?** _____

What happened:

_____

_____

Victory #3

Date: _____ **Which hole felt smaller?** _____

What happened:

_____

_____

Victory #4

Date: _____ **Which hole felt smaller?** _____

What happened:

_____

_____

Victory #5

Date: _____ **Which hole felt smaller?** _____

What happened:

_____

_____

Victory #6

Date: _____ **Which hole felt smaller?** _____

What happened:

_____

_____

LETTER TO MY HEALED SELF

Future Visioning Exercise

Imagine yourself one year from now, with your bucket holes significantly healed. What does your life look like? How do your relationships feel? What becomes possible when you can freely give and receive love?

Write a letter to that future healed version of yourself. What do you want to tell them? What are you proud of? What advice would your healed self give to your current self?

Dear Future Me,

Remember:
Healing is already happening. Every time you open this journal, you're choosing yourself.