

WHEN FAMILY HURTS

A GUIDED JOURNALING MINI-WORKBOOK

How to stay centered, compassionate, and strong.



Inspired by the teachings of Rabbi Simon Jacobson

1. When a Trigger Hits: Pause & Name It

- What happened that stirred something in me?
- Describe the moment without judgment.

2. What Is the Real Pain Beneath the Pain?

- What part of me feels threatened, dismissed, or unseen?
- Is the intensity of my reaction coming from this moment—or something older?

3. Reclaim Your Dignity

- What truth about my inherent value did I forget in that moment?
- What would I say to a friend if they felt this way?

4. Separate the Person From the Behavior

- Is this person acting from their own pain, fear, or insecurity?
- What happens if I see their behavior as a symptom—not a verdict?

5. What Do I Actually Need Right Now?

- Do I need space? Clarity? Boundaries? Support?
- What would help me feel grounded in my center again?

6. Rewrite the Moment From Your Higher Self

Rewrite the story from the perspective of the best in you—the part that is calm, compassionate, and anchored.

7. A Practical Next Step

Write one small action that would support healing:

- Setting a boundary
- Taking a walk
- Saying less
- Asking for clarity
- Choosing silence
- Offering compassion
- Letting it go

8. Closing Grounding Statement

Choose one or write your own:

- I am centered in dignity and clarity.
- I release what does not belong to me.
- I stand in my truth with compassion.
- Their pain is not my identity.
- I choose my highest self.

9. Optional: A Moment of Gratitude

Gratitude does not dismiss the pain — it expands the frame.

- What goodness in my life reminds me that I am whole and supported?



Sometimes, you just need
a safe space to ask.



Chat Privately Now
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