

Prompt Questions for Sharing Experiences

Recognizing the Abuse

- What was the moment you first started to question the relationship or dynamic?
- What were some red flags you now recognize in hindsight?
- Have you experienced gaslighting? How did it make you feel at the time?
- What was the most confusing part of the relationship for you?

Emotional Impact

- How did you cope emotionally while you were still in the relationship?
- In what ways did the relationship affect how you see yourself?
- What beliefs about yourself or relationships changed because of that experience?
- How has your relationship with trust (in yourself or others) changed?

Healing and Growth

- What helped you begin to heal or set boundaries?
- What part of your identity do you feel you're reconnecting with now?
- What is one small sign of growth you've noticed in yourself lately?
- What do you want to remind yourself when self-doubt creeps in?

Support and Regulation

- What helps you feel safe and grounded when old memories surface?
- How do you handle difficult emotions that come up during healing?
- What's something you wish someone had said to you during the hardest part?