

Serenity Now

FOUNDATIONS

*Healing Adult Victims of Childhood Abuse
- Survivor to Thriver*

THE HEALING CHECKLIST

**A Trauma-Informed Guide to Tracking Real
(but Often Invisible) Progress**



The Healing Checklist

A Trauma-Informed Guide to Tracking Real (but Often Invisible) Progress
by **Serenity Now Foundations**

If You've Ever Thought...

"I don't feel healed—I just feel different."

"I still get triggered, so am I actually making progress?"

"Shouldn't I be 'over this' by now?"

This guide is for you.

Because healing doesn't always look like glowing confidence and perfect boundaries.

Most days, it looks like:

- **Pausing instead of spiraling**
- **Naming your needs, even if your voice shakes**
- **Choosing rest over self-punishment**
- **Having a hard day—and not making it mean you're broken**

Healing is not a destination—it's a rewiring.

And this checklist is your proof that it's already happening.

Why You Miss the Signs of Healing (Even When They're There)

As a trauma survivor, your brain may be wired to focus on:

- **What went wrong**
- **What still hurts**

- What you *haven't* done yet

This is not self-sabotage—it's neurobiology.

But you can retrain your brain to notice progress.

To see growth.

To celebrate *what's working*.

This checklist will help you reframe your healing—not as a finish line, but as a collection of brave, daily decisions to choose differently.

The Healing Checklist: Signs You're Rewiring

Check all that apply. You don't need to "have it all together"—progress counts, even if it's messy.

Nervous System Healing

- I pause before reacting (even once in a while)
 - I notice when I'm dysregulated
 - I've tried a grounding tool that helped—even briefly
 - I can name my emotional state (e.g., "I'm triggered")
 - I can return to calm more quickly than before
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Communication + Boundaries

- I've said "no" without justifying it
- I've set a boundary—even if it was scary
- I've followed up after freezing to clarify how I feel
- I've used a script to express a need or limit

- I've chosen honesty over people-pleasing
-

Self-Compassion + Inner Voice

- I speak more gently to myself
 - I've replaced a self-critical thought with something kind
 - I forgive myself more easily
 - I let myself feel without judging it
 - I can recognize when I'm in survival mode—and offer grace
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Body + Somatic Awareness

- I've noticed where emotion lives in my body
 - I've practiced stillness or movement with presence
 - I listen to my body's cues (hunger, fatigue, etc.)
 - I've allowed a deep breath instead of pushing through
 - I've given my body permission to rest
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Thought + Belief Rewiring

- I've questioned a limiting belief (“I’m too much,” “I don’t deserve...”)
 - I've practiced a nervous system-safe affirmation
 - I've reminded myself that I'm not who I used to be
 - I've caught myself before spiraling into old shame loops
 - I've written or spoken my truth—even if just in a journal
-

Identity + Emotional Sovereignty

- I feel more like myself than I used to
 - I've noticed who I am without survival roles (fixer, pleaser, performer)
 - I've made a decision based on *my* values—not fear
 - I've allowed joy or pleasure without guilt
 - I trust my intuition more than I used to
-

Reflection: How Many Boxes Did You Check?

- 1–10: You've started. That's powerful.
- 11–20: You're building momentum.
- 21–30: You're actively rewiring.
- 31–35: You're living your healing—even on hard days.

Remember: this is not a test. It's a mirror.

Each checkmark = a thread of rewiring.

A sign that you're not broken. You're becoming.

Journal Prompts for Noticing Your Progress

Use these prompts weekly or monthly to track how far you've come—even if it doesn't *feel* like much.

What did I do this week that I would've never done a year ago?

How have my reactions changed, even a little?

What parts of me feel safer now than they used to?

What am I learning to trust about myself?

Integration Practices

Try pairing this checklist with these simple, somatic rituals:

“Check and Breathe” Ritual

- 1. Check off one win.**
- 2. Say it aloud: “That counts.”**
- 3. Take one deep breath.**
- 4. Place your hand over your heart and whisper:**

“I’m healing—even when it’s quiet.”

“Progress Jar”

- Write each healing win on a small slip of paper.**
 - Drop it in a jar.**
 - On hard days, read a few.**
 - Let the evidence of your growth hold you when your brain forgets.**
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Want More Support?

Join our trauma recovery course: 7 Steps to Turn Your Demons Into Puppies

→ **Learn how to deactivate your survival responses using neuroplasticity**

👉 **Explore the course** at <https://serenitynowfoundations.com/>

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