

From Trauma Hearing to Healing Listening

One-Page Worksheet | Princess Lynette Kenney - Healing with Princess

Use the prompts below to reflect on your healing journey. You can free write or bullet your thoughts.


1. Listening Style

Do I listen to understand or to defend? What happens when I feel misunderstood?

 Notes: _____

2. First Defense

When did I first feel the need to explain myself? Is that voice still present?

 Notes: _____


3. Approval

Whose approval have I been seeking? What does living for myself look like?

 Notes: _____


4. Comparison

When have I compared myself recently? What does my healed self know?

 Notes: _____


5. 69 Theory

Can both sides of a disagreement be true? What did I see vs. them?

 Notes: _____


6. Healing Voice

What does my voice sound like when I speak from healing?

 Notes: _____

7. My Commitment

What new habits will I practice in conversations starting today?

 Notes: _____
