

The Lord is close.
to the brokenhearted.
— Psalm 34:18

The Truth Journal

Write it down. Your voice matters.

It begins with you.

You are not
alone.

Write it while it's fresh. Truth matters.



How to Use This Journal



There's no right way to do this.



Start where you are.



Write honestly, whatever is on your heart.



It's okay to skip what you're not ready for.

This is your space.

Take a deep breath, and just begin.



“Search me, O God, and know my heart...”


— Psalm 139:23

What are you feeling right now?

Is it anger? hurt? fear? sadness? something else?

You don't have to get it perfect—just start naming it.

Naming it helps you understand it.





Let's come back to what's true...

What happened wasn't your fault,
and how you feel matters.

You may be questioning everything right now.

That's okay.

But this is where you begin again.

What feels true to you right now?

You can trust what you're starting to see.





You are not alone.

You showed up.
You told the truth.
That matters.

You are not broken.
You are not too much.
You are not beyond healing.

You are loved—more than you may feel right now.
And you are not walking this alone.

As you begin to seek God, even in the smallest ways...
you may start to see *things come together.*
Piece by piece.

The parts of your story that feel scattered...
are not wasted.

He is able to take what's been broken
and begin to *make something whole.*

You are enough.
You are loved.
And this is *not the end.*
This is where healing begins.

— END *silence.* —



If You Need Help — Start Here

Personal Information

Name: _____

Date of Birth: _____

Address: _____

Phone: _____

Emergency Contacts:

Primary Emergency Contact: _____

Relationship: _____ Phone: _____

Secondary Contact: _____

Relationship: _____ Phone: _____

Medical Information:

Allergies (food/medication): _____

Current Medications: _____

Medical Conditions: _____

Blood Type: _____ Phone: _____

Safe Network:

Safe Person: _____ Phone: _____

Neighbor / Nearby Help: _____

Phone: _____ Phone: _____

Local Support:

Local Police (non-emergency): _____

Fire Department: _____

Local Shelter / Resource: _____

Immediate Help:

911 – Emergency Services

988 – Crisis Lifeline (Call or Text)

1-800-799-7233 – National Domestic Violence Hotline

1-800-4-A-CHILD – Childhelp Hotline

“God is our refuge and strength, a very present help in trouble.”

— Psalm 46:1 —


Keep this somewhere visible. You deserve to be safe.



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to the brokenhearted.
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END silence

Help is here. Keep this close.

 Immediate Danger

911


 Domestic Violence

Call: 1-800-799-7233


Text: START to 88788

 Sexual Assault


Call: 800-656-HOPE

 Mental Health Crisis

Call or Text: 988

 Child Abuse

Call/Text: 1-800-422-4453

 Human Trafficking

Call: 1-888-373-7888 * Text: HELP to 232733

 Family Support

NAMI: 1-800-950-6264

SAMSHA: 1-800-662-4357

Estranged Support: peacetruth.com.

If you cannot speak safely, use text or chat options.

Clear your history if needed.

Do not fear, for I am with you.

— Isaiah 41:10

You are
not alone.

You didn't deserve what happened.
And you don't have to carry it alone.

This isn't just a book.
It's a place to begin again.

One page at a time.
One truth at a time.

Healing doesn't happen all at once—
but it does begin.

We're just beginning.

"He heaaleth ^{the} broken in heart,
and bindeth up their wounds."

— Psalm 147:3 (KJV)

You are not alone.



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