The Home I Wished For

DATE _____

In the home I wished for, we would have:

Step 1: At the front door. What does your body do? (Circle one.)

☐ Relax ☐ Tighten ☐ Nothing ☐ Want to leave

Step 2: Then and now.

Part of home	What I wished for	What I can build now
Meals		
Play and games		
Serious conversations		
Hard days: anger, sadness, a breakup		
Something that's me: music, art, a project		
Being heard and having preferences		
Who came looking when I went quiet		

In crisis? Call or text 988.

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Step 3: Where did it go? Where I take my self-expression instead of home:

What I love that has no place in my house:

Step 4: This week.

Day	The change I made	What I noticed afterward
1		
2		
3		
4		
5		
6		
7		

When It's More Than a Book Talk to a therapist if picturing the home you wished for brings up more grief or anger than you can set down, or if the home you grew up in was a place where you were hurt or afraid. If home isn't safe right now, for you or for anyone you live with, call the National Domestic Violence Hotline at 1-800-799-7233 or text START to 88788.