

Catholic Reflection Journal for FND Recovery

A Tool for Healing, Hope, and Holiness

Part I: Grounding in the Present Moment

Date:

Time:

Location:

Environment (e.g., quiet, busy, safe):

Body Check-In

☐ Calm ☐ Tense ☐ Fatigued ☐ Pain ☐ Dissociated ☐ Other: _____

Emotion Check-In

☐ Peaceful ☐ Anxious ☐ Sad ☐ Hopeful ☐ Angry ☐ Grateful ☐ Other: _____

One Word to Describe Today: _____

Part II: Personal Reflection

1. Did I experience a seizure, episode, or symptom flare today?

☐ Yes ☐ No

If yes:

- What do I remember before, during, or after?
- Were there any triggers I noticed?
- How did I feel emotionally/spiritually during the episode?
- What helped me feel safe or grounded afterward?

2. What has helped me feel closer to peace or to God today?

(e.g., a prayer, a person, nature, music, Eucharist, sacred silence)

3. What was difficult or painful?

(Physically, emotionally, spiritually-feel free to lament)

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4. Did I feel close to Christ in my suffering today?

☐ Yes ☐ No ☐ Not sure

"Come to me, all who are weary and burdened, and I will give you rest." (Matthew 11:28)

Reflect: How might Jesus have been present with me today?

Part III: Prayerful Response

5. A short prayer from me to God today:

(Write freely or use a format such as "Jesus, today I feel... Please help me to...")

6. Scripture for the Day (choose or write one):

- Psalm 27:1 - "The Lord is my light and my salvation..."
- Isaiah 43:2 - "When you pass through the waters, I will be with you..."
- 2 Corinthians 12:9 - "My grace is sufficient for you..."
- Luke 8:48 - "Daughter, your faith has made you well..."

7. Intention for Tomorrow:

- ☐ I will drink more water
- ☐ I will reach out to someone
- ☐ I will rest without guilt
- ☐ I will offer my suffering to God
- ☐ I will try a grounding prayer
- ☐ Other: _____

Optional Creative Space

Use this space to draw, colour, copy Scripture verses, write poems, or paste an image or holy card.

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Weekly Reflection (Use every 7 days)

Looking back over the past week:

- What patterns am I noticing in my symptoms and my peace?
- How has God spoken to me-through people, silence, prayer, or struggle?
- What am I learning about my own strength and dignity?
- What healing do I ask for in the week ahead?

Closing Prayer

"Lord Jesus, Divine Healer, I place before You my whole being-body, mind, and spirit. Grant me rest in Your peace, trust in Your mercy, and strength to rise again. Through the intercession of Our Lady of Sorrows and St. Dymphna, bring healing to my wounds and hope to my heart. Amen."

This booklet is intended as a gentle aid for reflection and spiritual care. May it be a small companion on your journey toward healing and deeper union with the Heart of Christ.