

Root Rise Framework

A gentle way to use this resource

Begin anywhere. Read one section at a time, choose only what fits, and skip, adapt, pause, or stop as needed. Try one practice before adding another. Reflection is an invitation, not a requirement.

Created by Michelle D. Elder, MSW, LMHC | My Reflective Collective

Educational wellness material. Not therapy, diagnosis, medical advice, crisis care, or a substitute for individualized professional support.

Before you begin

Take a moment to notice where you are starting. There is no correct answer and no requirement to complete every prompt.

What is most present?	What would feel supportive?
[ ] Tension or restlessness [ ] Heavy emotion [ ] Numbness or shutdown [ ] Racing thoughts [ ] Low energy [ ] Something else: _____	[ ] More steadiness [ ] More clarity [ ] Comfort or rest [ ] A practical next step [ ] Connection or support [ ] Something else: _____

A simple rhythm

1. Notice	Name what is happening without judging it.
2. Choose	Select one prompt or practice that fits your energy and circumstances.
3. Try	Use it gently for a clear amount of time. Smaller still counts.
4. Check	Notice whether you feel even slightly steadier, clearer, safer, or less alone.

Low-energy option

Read only the headings. Circle or note one sentence that feels useful. Then choose one action that takes five minutes or less. You can return later; stopping is allowed.

A trauma-informed educational wellness worksheet for reflection, choice, self-care, and support.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

A printable reflection and practice resource Created by Michelle D. Elder, MSW, LMHC. This worksheet is a free educational wellness resource from My Reflective Collective.

Use what supports you. Skip, pause, adapt, or connect with a licensed therapist, healthcare provider, advocate, or trusted support if reflection brings something up.

Important information before you begin

Root & Rise Framework

Choose what is appropriate for you

_____
_____ Participation is voluntary. You may skip a prompt, keep your eyes open, change an exercise, pause, or stop. Some material may bring up discomfort, strong emotions, memories, dizziness, or physical sensations. The resource may use clinical or wellness terms to explain general concepts; those terms are not a personalized assessment or recommendation.

No promised outcome

No particular physical, emotional, legal, relationship, or other result is promised. Information can become outdated, and experiences differ. Consult an appropriately qualified professional about your individual needs, medications, health conditions, safety, legal matter, or treatment decisions.

Emergency and crisis needs call or text 988 for suicide or crisis support. Call 911 for an immediate emergency when that is safe and appropriate. Outside the United States, use your local emergency or crisis resources.

By continuing, you acknowledge that you have read this page and understand the resource's educational scope.

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immediate danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health

crisis support. Copyright Michelle

The Root & Rise Framework

A Gentle Guide to Healing, Growth, and Lasting Change

Welcome.

Whether you're here to work through anxiety, grief, trauma, self-worth, burnout, or another life challenge, I

want you to know something important:

Healing isn't about becoming someone new.

It's about reconnecting with the person you've always been beneath the pain, fear , shame, or self-doubt.

At My Reflective Collective: Root & Rise Wellness, every workbook follows the same evidence-informed healing framework. This framework combines principles from cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), mindfulness, compassion-focused therapy, positive psychology, and trauma- informed care.

Why? _____
_____ Because real healing doesn't usually happen in one breakthrough moment.

It happens through small, compassionate steps taken over time.

Think of healing like tending a garden.

Before something can grow, it needs healthy roots.

The same is true for us.

- ROOT

Healing begins by creating strong roots.

R - Recognize

Healing begins with awareness.

Together we'll explore what you're experiencing and why. 1 You'll learn how your brain, body, nervous system, and life experiences may be contributing to what you're feeling.

Understanding reduces shame.

When we understand ourselves, we stop asking,
_____
_____ "What's wrong with me?" and begin asking, "What happened, and what do I need?"

O - Offer Compassion

Many of us have learned to speak to ourselves more harshly than we would ever speak to someone we love.

Healing asks us to try something different.

Instead of judgment...

We practice kindness.

Instead of criticism...

We practice understanding.

Self-compassion isn't making excuses.

It's recognizing that suffering is part of being human and responding to ourselves with care instead of shame.

O - Open Your Heart

Healing happens when we make space for our thoughts, emotions, memories, and experiences.

In this section you'll be invited to reflect through journaling, guided questions, expressive writing, mindfulness, and self-exploration.

You don't have to have all the answers.

You only need the willingness to be curious. 2

T - Take Intentional Action

Insight is powerful.

Action creates change.

Together we'll practice practical coping skills, new habits, boundaries, grounding techniques, rituals, and values-based actions that help move healing from understanding into everyday life.

Small steps repeated consistently often create the biggest changes.

nn RISE

Once our roots become stronger , we begin to rise.

R - Reconnect

Reconnect with yourself.

Reconnect with your strengths.

Reconnect with supportive people.

Reconnect with hope.

Reconnect with the life you want to build.

I - Integrate

Healing isn't something you only practice during therapy.

This step is about bringing what you've learned into everyday life.

Each small choice becomes another opportunity to practice.

S - Strengthen

Healing isn't about never struggling again. 3 It's about becoming more confident in your ability to respond with resilience when challenges arise.

Every time you practice a skill, you strengthen it.

E - Evolve

Growth is lifelong.

There is no finish line.

Every challenge becomes another opportunity to learn more about yourself, deepen your compassion, and continue becoming the person you want to be.

You don't have to be perfect.

You only have to keep growing.

A Gentle Reminder

Progress is rarely linear .

Some days you'll feel strong.

Some days you'll feel tired.

Some days old wounds may resurface.

That doesn't mean you've failed.

It means you're human.

As you move through this workbook, remember:

- Recognize
- Offer Compassion
- Open Your Heart
- Take Intentional Action

nn Reconnect

nn Integrate

nn Strengthen

nn Evolve

Stay rooted.

Keep rising. 5

danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health crisis

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More free My Reflective Collective tools

Printable links below. The worksheet wording itself is unchanged.

Scan the QR code or use the first link to open this worksheet online.

The online reader can support read-aloud tools and browser translation.

Read/listen to this worksheet online https://myreflectivecollective.com/worksheet-reader.html?file=root-rise-framework.pdf Positive affirmations and short mantras

Scan to read/listen

https://myreflectivecollective.com/affirmations.html Soundscapes and grounding audio tools https://myreflectivecollective.com/soundscapes.html

More free worksheets and PDFs

https://myreflectivecollective.com/resource-center.html

Crisis and safety resources https://myreflectivecollective.com/crisis-resources.html

Website disclaimer

https://myreflectivecollective.com/disclaimer.html

Educational wellness notice

This worksheet and website offer educational wellness and self-reflection tools only.

They are not therapy, diagnosis, medical care, legal advice, crisis care, or individualized safety planning.

Pause or stop any activity that feels wrong, unsafe, inaccessible, or too much.

For immediate danger or a medical emergency, call 911. In the U.S., call or text 988 for crisis support.

SAFETY, PRIVACY & EDUCATIONAL USE

MY REFLECTIVE COLLECTIVE - MICHELLE D. ELDER, MSW, LMHC

If there is immediate danger or a medical emergency: Call 911 in the United States or use your local emergency number. For U.S. suicide or mental-health crisis support, call or text 988. For relationship-safety support, contact the National Domestic Violence Hotline at 800-799-7233, text START to 88788, or visit TheHotline.org from a safer device when possible. _____ _____ Privacy and safer searching

If someone may monitor your device, accounts, internet connection, location, downloads, or browser activity, consider using a safer device and a trusted network. Private browsing may reduce locally saved history but does not make activity invisible. Clearing history can also be noticed. A website Quick Exit button changes the page; it cannot erase browser, download, router, account, employer, school, carrier, or device records. Choose only steps that feel safer in your situation.

Do not store identifying or safety-sensitive answers where another person may find them.

Educational scope and professional limits This resource provides general psychoeducation, reflection, and wellness support. It is not therapy, counseling, diagnosis,

assessment, treatment, medical advice, legal advice, crisis response, forensic evaluation, or an individualized safety plan.

It does not replace care from a licensed clinician, healthcare professional, attorney, trained advocate, emergency service, or other qualified professional. Laws, court procedures, services, and risks vary by location and circumstance.

Choice, pacing, and inclusion You may skip, change, discuss, dictate, draw, pause, or stop any activity. No exercise can determine what you experienced, diagnose a condition, prove a legal claim, guarantee safety, or tell you whether to stay, leave, report, reconcile, forgive, or pursue court action. Adapt language and activities for culture, identity, disability, neurotype, age, literacy, sensory needs, and personal preference. Automatic translation can make mistakes; confirm legal, medical, emergency, and safety-critical wording with a qualified person.

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EDUCATIONAL RESOURCE - NOT THERAPY OR INDIVIDUALIZED CARE

Immediate danger or medical emergency: call 911 | U.S. crisis support: call or text 988 | Michelle D. Elder, MSW, LMHC

Supportive practices and reminders

Trauma-informed choice

You are in charge of pace, privacy, and participation. Keep your eyes open if that feels safer. Change the words, position, movement, or environment. Skip any prompt that increases distress. You never have to describe a traumatic experience to benefit from grounding or reflection.

A one-minute mindfulness pause

Notice one point of support beneath you. Look around and name three neutral things you see. Notice one sound and one body sensation without trying to change either. Ask, 'What would support me in the next few minutes?' Choose the smallest workable response.

Believable affirmations

Choose language your mind can accept. Try: 'I can take one step at a time.' 'My needs and boundaries matter.' 'I am allowed to pause.' 'I can ask for support.' 'This moment is difficult, and it will not always feel exactly like this.' Edit any statement until it feels honest and respectful.

Practical tips

Pair reflection with water, food, movement, rest, medication as prescribed, or contact with a safe person when needed. Save the most helpful page where it is easy to find. Revisit the resource when you are relatively steady so the choices feel familiar during harder moments.

When more support is appropriate

A worksheet cannot provide emergency care, diagnosis, or individualized treatment. Consider a qualified health or mental-health professional when distress is intense, persistent, worsening, affecting daily functioning, or connected with safety concerns. In immediate danger, contact local emergency services or a crisis service available in your country.

Integrate and choose your next step

Pause after reading. More information is not always more helpful; the goal is to leave with one choice you can actually use.

What stood out?

_____

_____

What is one kind, realistic next step?

_____

_____

What support, boundary, or adaptation would help?

_____

_____

If this did not help

You did not fail. Try making the step smaller, changing from a thinking practice to a body or sensory practice, checking basic needs, or involving a safe person. Strong, persistent, or worsening distress may need professional or crisis support beyond a worksheet.