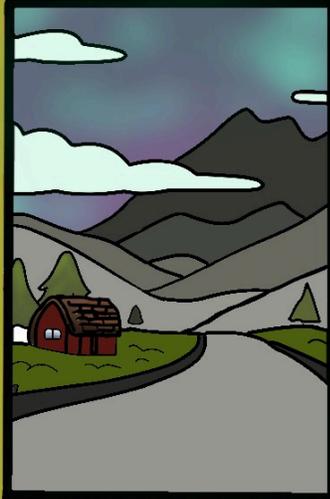


# My Healing

Consent  
is Golden



# My Choice

colouring book





This colouring book was created by the staff at Laurier's Office of Human Rights and Conflict Management to honour the survivors we learn from every day. We hope this resource can provide you a space to slow down and find comfort. We hope this book brings you moments of calm, creativity, and reflection.

We hope you enjoy this nature-themed colouring book. Just as the natural world around us moves through seasons - growth, shedding, and rest - your healing is a process that unfolds in its own time in a quiet stretch towards the sun and the deepening of new roots.

**You deserve slow and gentle care and we're so glad you've taken a moment to give that to yourself.**

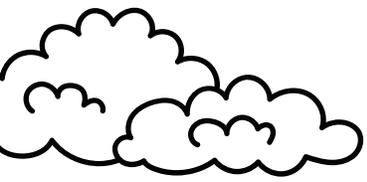
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**Need support? Reach out.**

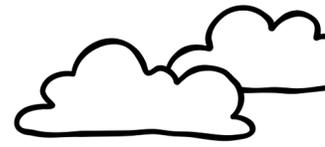
Laurier's Gender and Sexual Violence Response Team  
email [sinfo@wlu.ca](mailto:sinfo@wlu.ca) to get connected  
visit our social media! [@consentisgolden](#)

Sexual Assault Support Centre of Waterloo Region (serving both campuses)  
**24 hour support line: (519) 741-8633**  
<https://www.sascwr.org> | [@sascwr](#)





# I DESERVE SAFETY



When we've experienced harm or trauma, different parts of us might respond by:

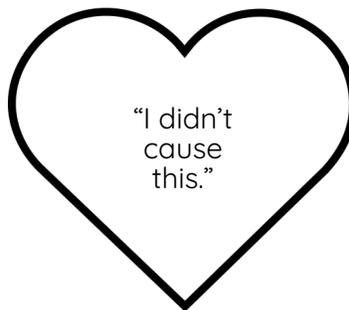
- Shutting down
- Staying hypervigilant
- Carrying shame or self-blame

**These parts are trying to protect you.**

Healing means meeting them with **kindness and care**, which may feel contrary to how we often fight back against these thoughts or behaviours.

**We can try to lean into self compassion.**

**Self-compassion reminds us:**



## DESIGNING YOUR SAFE SPACE

As you colour in your mushroom house, imagine it's your own personal sanctuary — a space just for you, where you feel **safe, comforted**, and completely at **ease**.

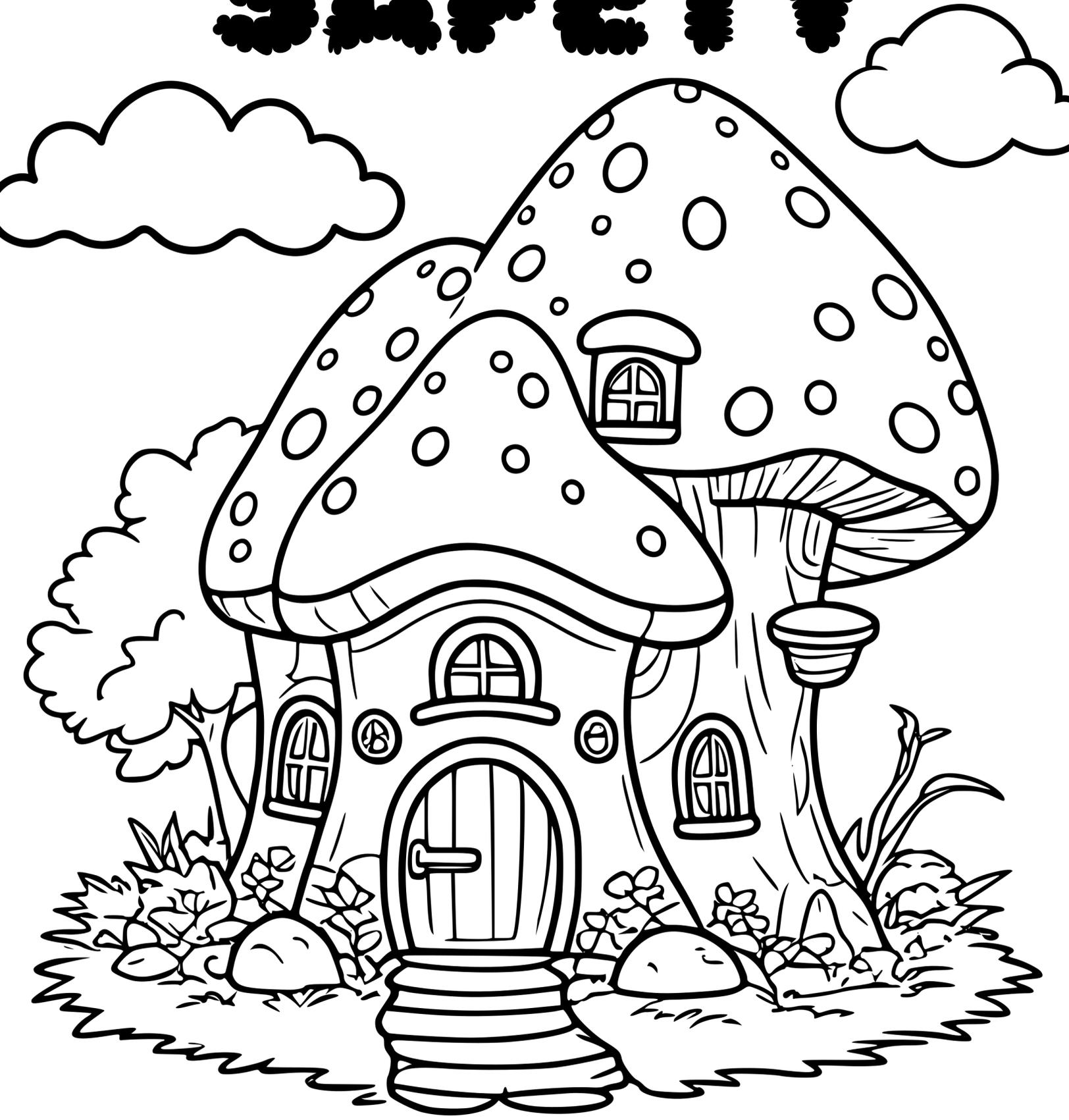
While you colour, reflect gently on...

- What makes this space feel safe — **emotionally, physically, mentally?**
- What is in it? What does it **smell like, feel like, look like?**
- What helps my body feel **more grounded or at ease?**
- Are there parts of me that **don't feel safe yet?** What do they want me to know?
- Who (if anyone) would I welcome into this space?

You can draw these or write comforting words, protective symbols, or things that remind you: **you deserve safety.**

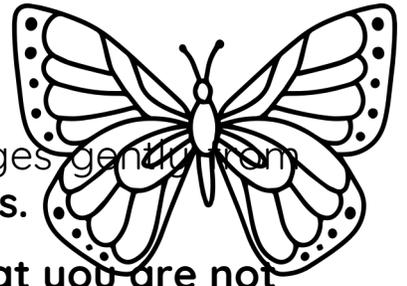


# DESERT SAFARI



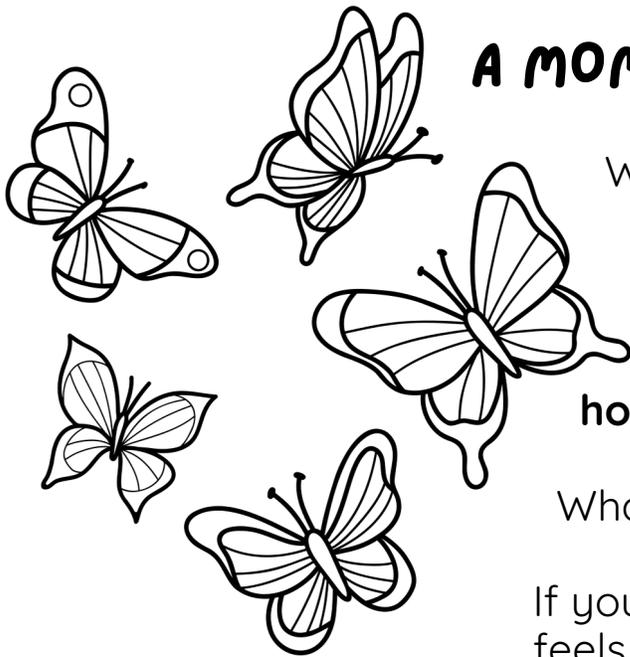
# HEALING THROUGH CONNECTION

This page invites you to colour the butterfly as a symbol of healing and transformation. Just as a butterfly emerges gently from its cocoon, **healing often happens in small, delicate steps.**



Let their wings remind you that change is possible, and **that you are not alone** in your journey. This page invites you to gently connect with those feelings and thoughts.

## A MOMENT TO PAUSE AND REFLECT



When you say, “**I am not alone,**” what feelings or thoughts come up for you?

Have you ever felt **seen or understood** by someone else, even in a small way, and **how might that feel?**

What helped you feel a little **safer or less alone?**

If you could **speak gently** to the part of you that feels alone, **what would you say?**

## A GENTLE OFFERING

**There’s no right or wrong way to feel.**

Offering yourself **kindness**, even in small ways, can help.

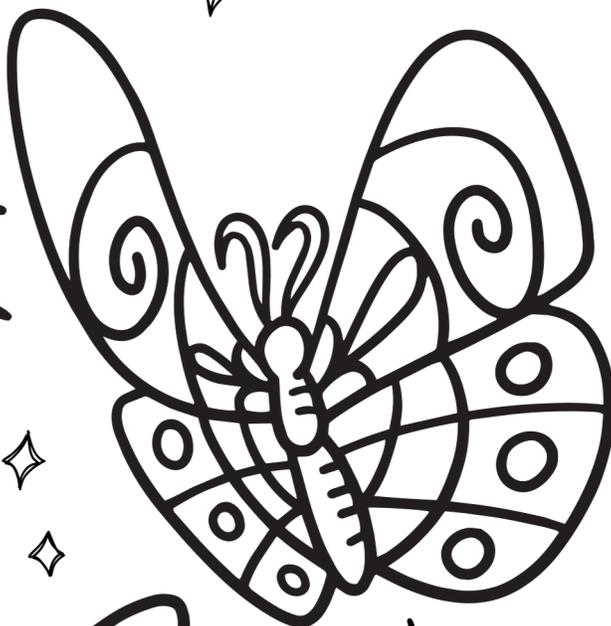
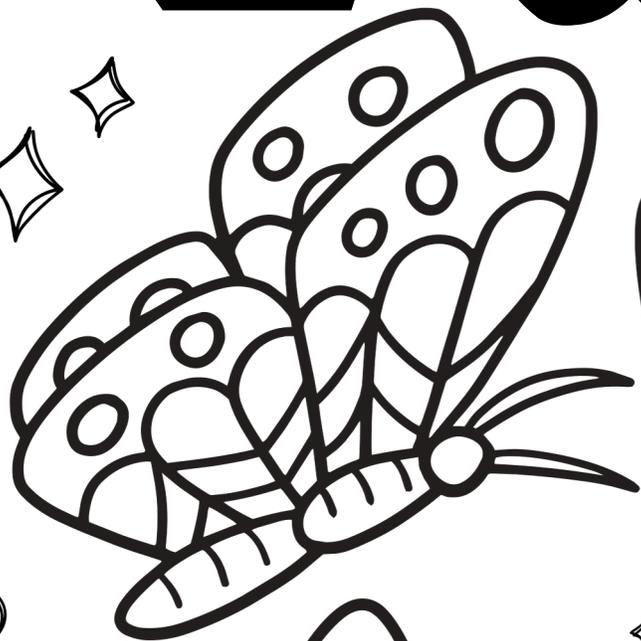
Even when healing feels **hard or slow**, connection and understanding can be a **source of comfort.**

You can return to this page any time you need a **quiet moment.**

Let the butterfly be a reminder that connection with yourself and others is possible **even in small, quiet ways.**

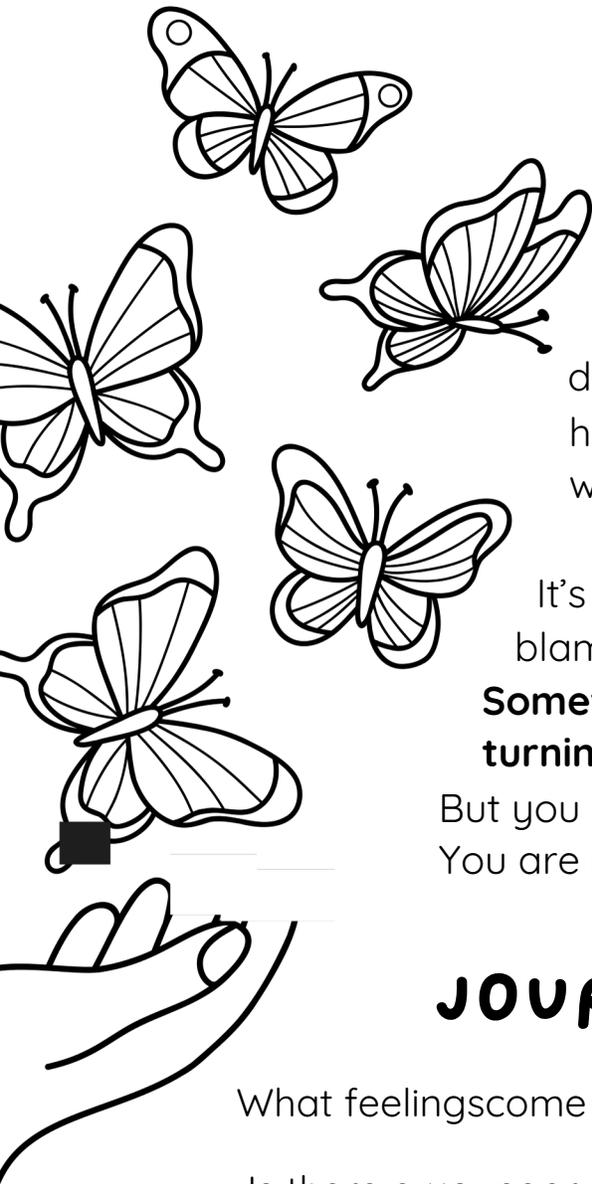


**І А М**



**М О Т**

**А Л О М Е**



# IT WAS NEVER MY FAULT

Mushrooms grow in quiet places, under trees, in the dark, after the rain. They remind us that healing doesn't have to look loud, be out in the open or 'perfect' to be worthy.

It's okay if you're still figuring things out. If you've ever blamed yourself for what happened, **you're not alone.** Sometimes, after harm, we try to make sense of it by turning it inward.

But you **didn't cause what happened.** You **didn't choose it.** You are **not to blame.** And it was never your fault.

## JOURNAL PROMPTS

What feelings come up when you read "It was never my fault"?

Is there a younger part of you that still carries **blame or shame**?

What would you say to them gently, if you could?

What does your body or mind need to feel **even a little safer** right now?

Blame can feel heavy. And you don't have to carry it.

Even if a part of you still feels unsure, **that's okay.**

Come back to this page anytime you need to feel

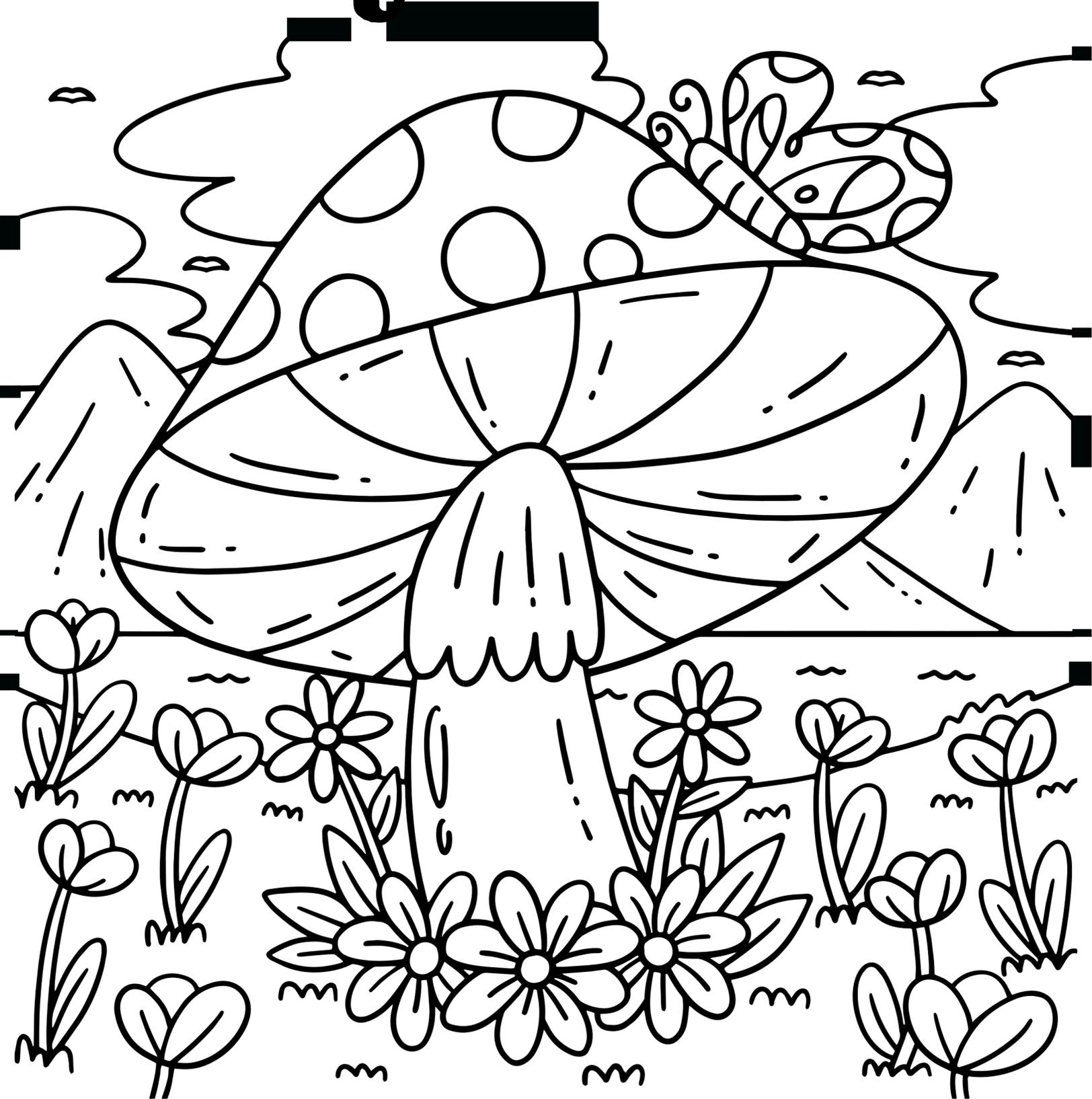
**grounded, soothed, or reminded:**



**YOU ARE NOT ALONE.**  
**YOU ARE NOT WHAT HAPPENED TO YOU.**  
**IT WAS NEVER YOUR FAULT.**



**it was never  
my fault**

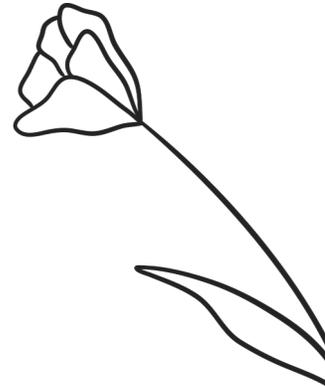


# THERE IS NO WRONG WAY TO HEAL

A page to reflect, notice, and honour your own way through Healing doesn't have one timeline. It doesn't always look like moving forward. It can feel messy, quiet, uncertain, or even invisible. Like flowers, we bloom in different seasons, in different ways. Some healing comes slowly, some bursts through like spring.

None of it is wrong.

Your way of healing, whatever it looks like is yours to honour.



## JOURNAL PROMPTS

What **messages** have you received (from others or yourself) about **how healing "should" look?**

What **feels true** for you about the way you're **healing right now?**

If a gentle voice in you could speak to the parts that **feel behind** or **broken**, what might it say?

**HEALING DOESN'T LOOK THE SAME FOR EVERYONE.**

**IT CAN BE QUIET, SLOW,**

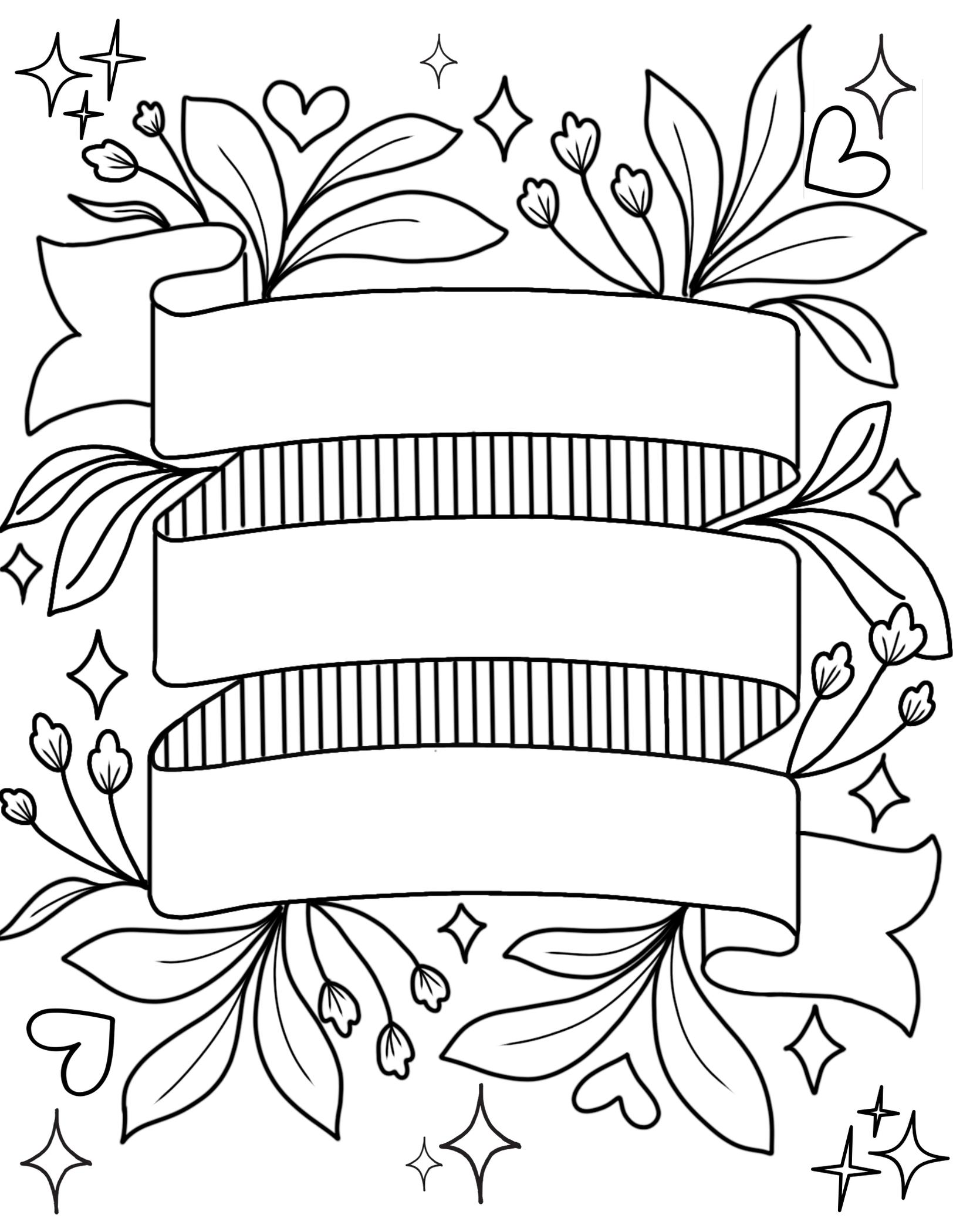
**OR TAKE UNEXPECTED TURNS**

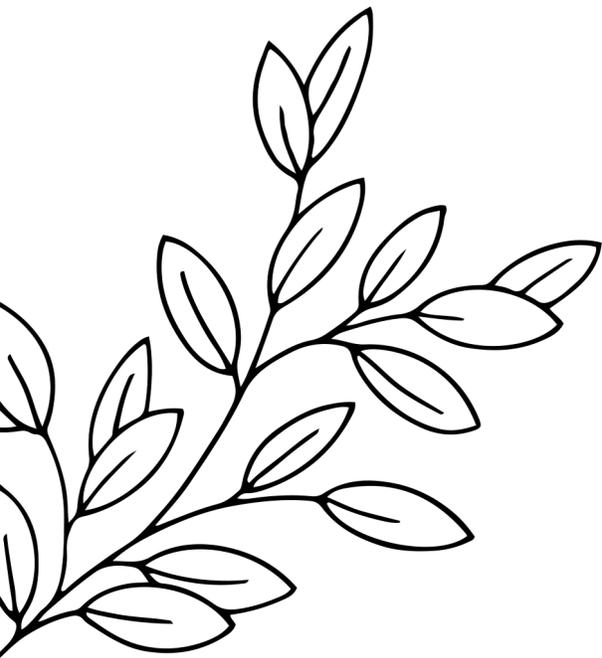
**AND THAT'S OKAY.**



**YOU'RE ALLOWED TO GO AT YOUR OWN PACE.**

**THERE IS NO WRONG WAY TO HEAL.**





## I'M NOT BROKEN

“I’m not broken” doesn’t mean I feel okay.  
It means I am not a problem to be fixed.  
Nature holds many forms of being:  
things that grow slowly,  
things that lie dormant,  
things that change shape and  
never return to what they were.  
All of them still belong.

**You belong, too.**

## TENDING TO YOURSELF

In this box, colour, draw or write about something that is imperfect, **but enough**.

It might be something in nature that grows or moves slowly.

It might be scribbles that aren’t neat or planned.

**Not perfect, but enough.**

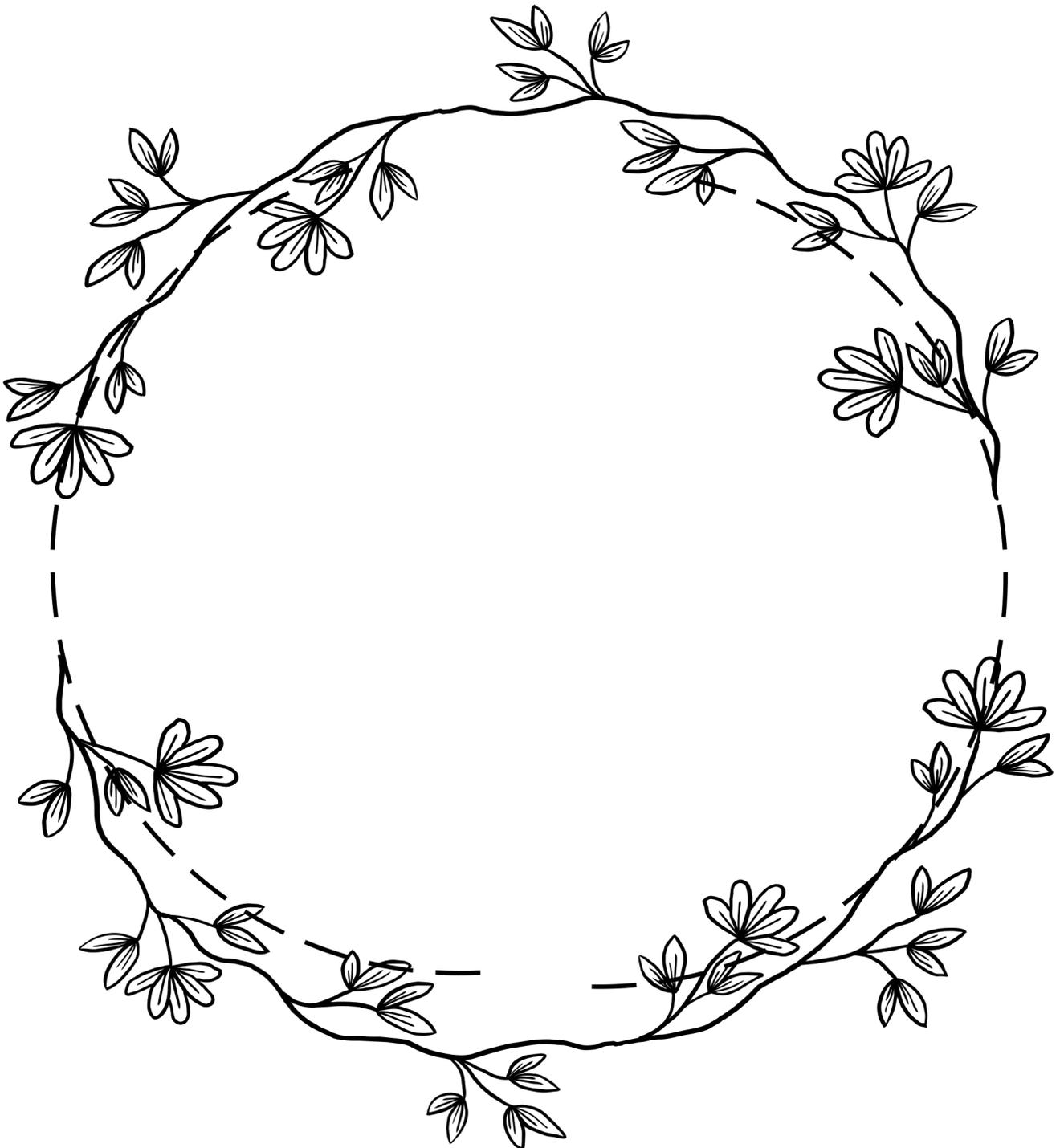


# CREATIVE INVITATION: YOUR COMMUNITY CARE CIRCLE

Use the space below to **draw yourself** in the centre, then add the **people, places, memories, affirmations,** and **supports** that help you **feel held, safe, or seen.**

You can label, colour, decorate, or add as much or as little as feels right.

There's no "right" way to do this — this is **your** circle, your care.





# WE DON'T HAVE TO EARN REST

Rest is not a reward — it's a necessity, a right, and a form of resistance.

For many of us, especially survivors, rest can feel complicated. We may have been taught that we have to work hard, prove ourselves, or be productive in order to deserve a break. But you don't have to do anything special to earn rest.

## REST MENU: WHAT REST CAN LOOK LIKE

This is a non-exhaustive menu — check what resonates and add your own!

### Physical Rest

- Lying down without sleeping
- Slow stretching or yoga
- Napping
- Taking a hot bath

### Spiritual/ Sensory Rest

- Sitting in nature
- Listening to music with eyes closed
- Lighting a candle and breathing
- Crying without judgment

### Mental/ Emotional Rest

- Turning off notifications
- Saying "no" to one thing today
- Letting yourself daydream
- Not explaining yourself

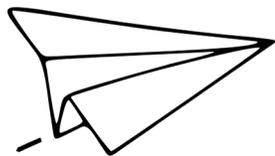
Add your own!

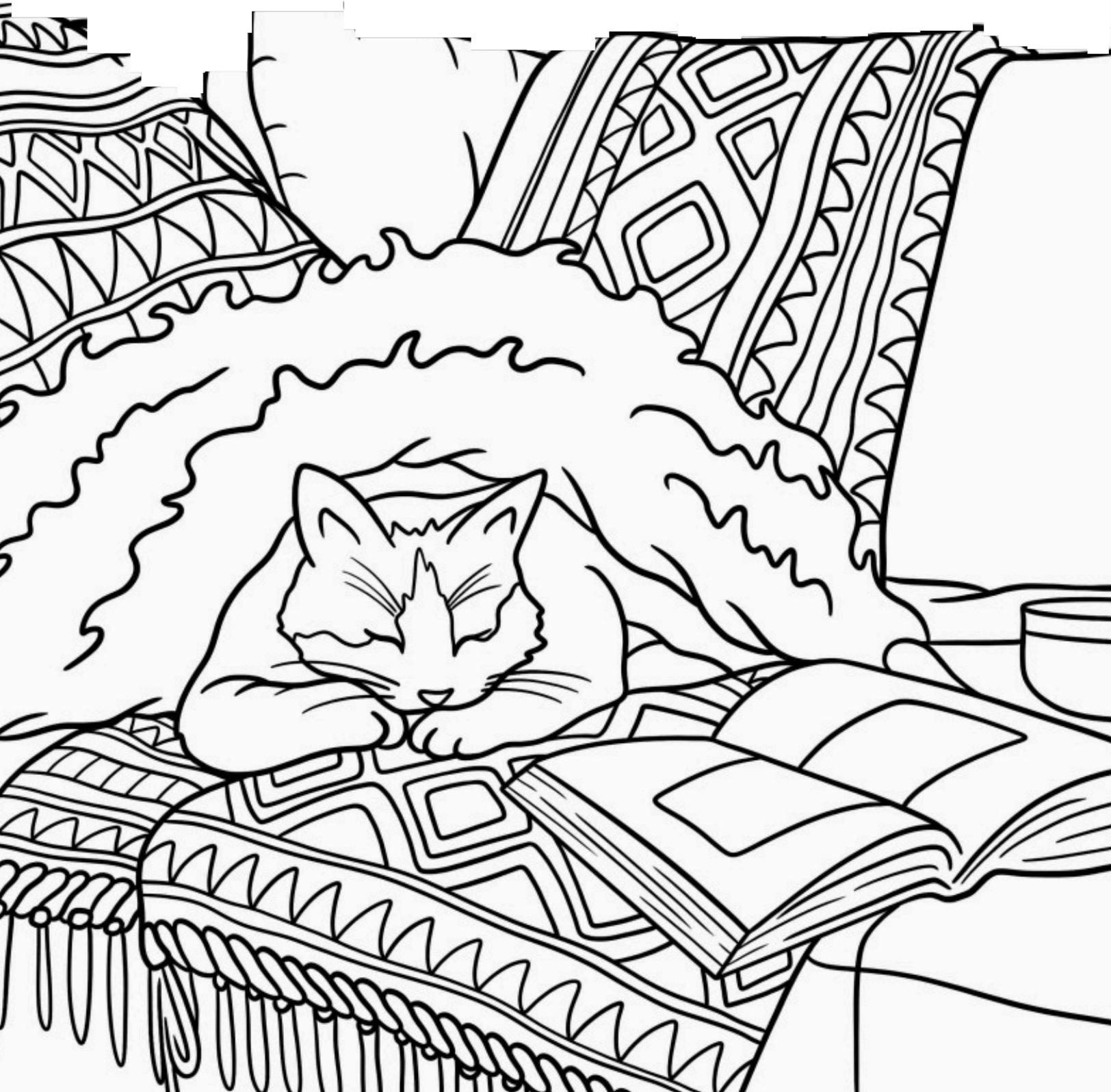
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# I AM NOT TOO MUCH, I AM NOT TOO LITTLE

You don't have to be smaller. You don't have to be louder.

You don't have to be anyone else to belong.

Maybe you've been told who you are is "too much." Or maybe not enough.

Maybe you've started to believe that. Maybe you're not sure.

This page is here to hold space for that wondering —  
and for the truth that whoever you are **is already enough.**

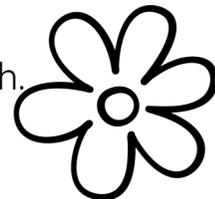
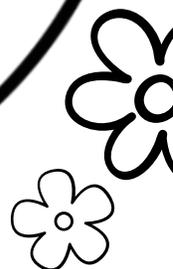
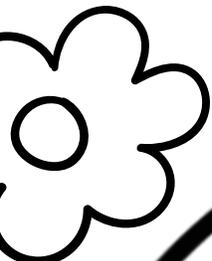
## INVITATION TO EXPLORE:

Fill this space with colour, shapes, scribbles, feelings, words, or anything at all.

It can spill over the borders, keep within them, be bright or soft, full or empty.

And, when it's done you may ask yourself -

**"how can I witness my creation without judging it or asking it to be different?"**





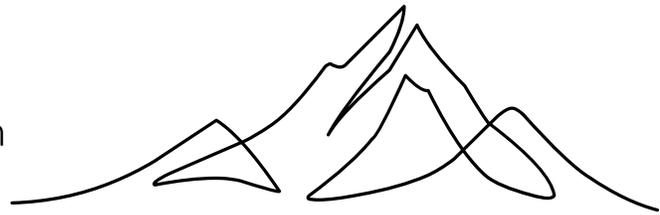
*I am not too much*

*I am not too little*

# I AM SO RESILIENT

Resilience after trauma isn't always visible or impressive. Sometimes it looks like:

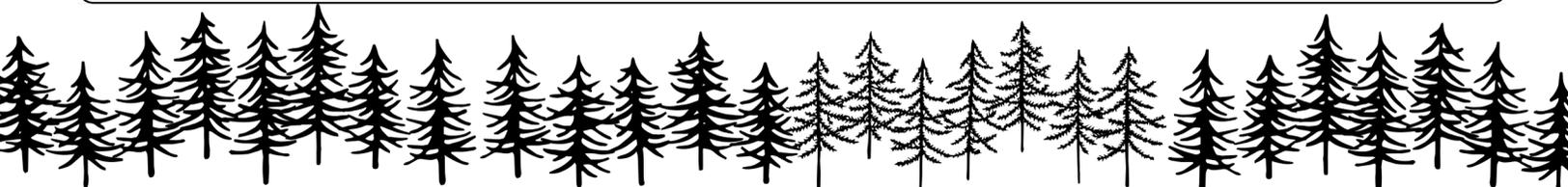
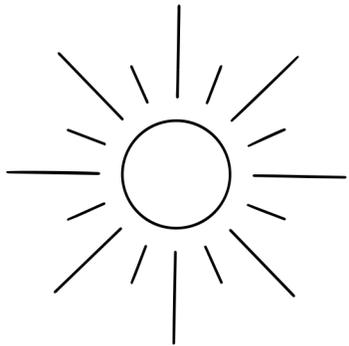
- showing up while overwhelmed
- taking a break when you need to
- being kind to yourself when it's tough
- simply surviving

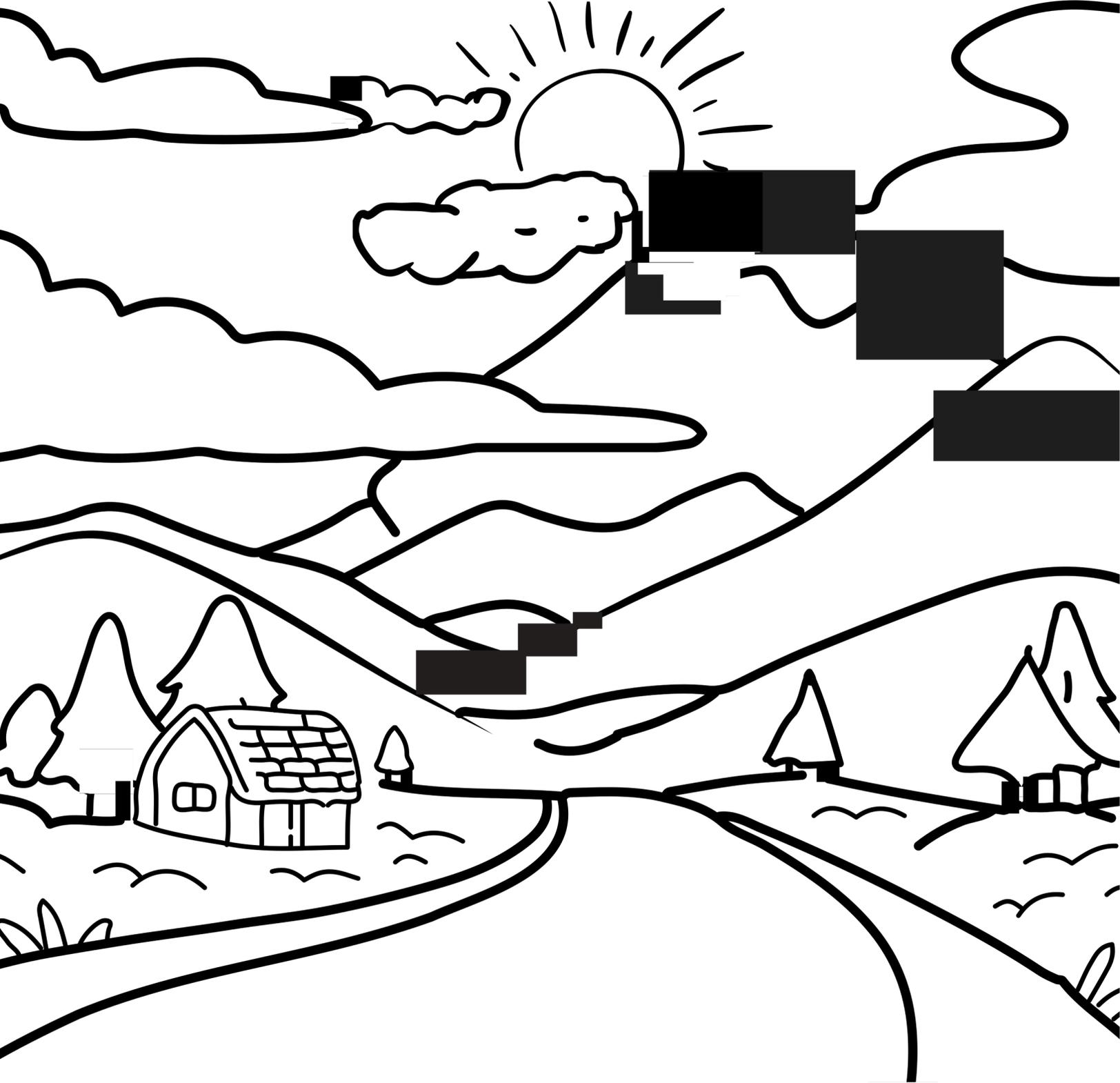


Resilience does not have to be constant. It is not a personality trait. You do not have to be resilient all the time. There is no single way to heal. There is no correct pace forward. Rest, pause, and changing direction all count.

## DRAW OR REFLECT

Draw or reflect on something that helped you get through. You could draw or reflect on something that supported you, a word, image, or feeling or a part of yourself that showed up, even quietly. Your path doesn't have to make sense to anyone else. Sometimes resilience looks like resting. Sometimes it doesn't show up at all — and that's okay.







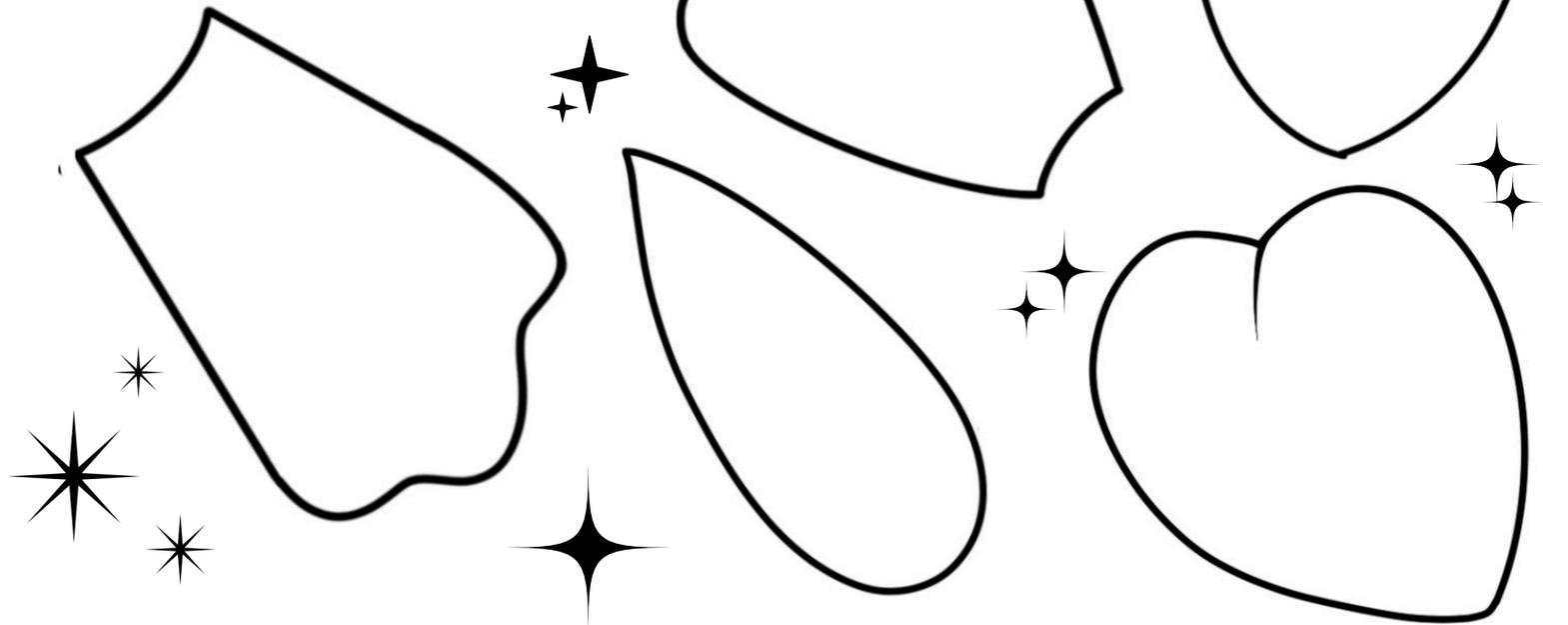
# PETALS OF WISDOM

Just like flowers open petal by petal, **wisdom** can unfold in **small, caring reminders**.

In each petal, write or create a symbol of a piece of healing advice — something you want to remember, practice, or offer to someone who may need care and encouragement. It could be:

- a **gentle reminder** that helps you through hard moments
- a **practice** that brings **comfort or grounding**
- a piece of **wisdom from someone you know** that stays with you
- words you would **offer a friend** who is hurting or anything else that **feels**
- **important** to hold near to you

Fill as many petals as you like, now or later, in your garden of care — **wisdom you carry, and wisdom you share.**





# BOUNDARY MAPPING - A SENSORY CHECK-IN

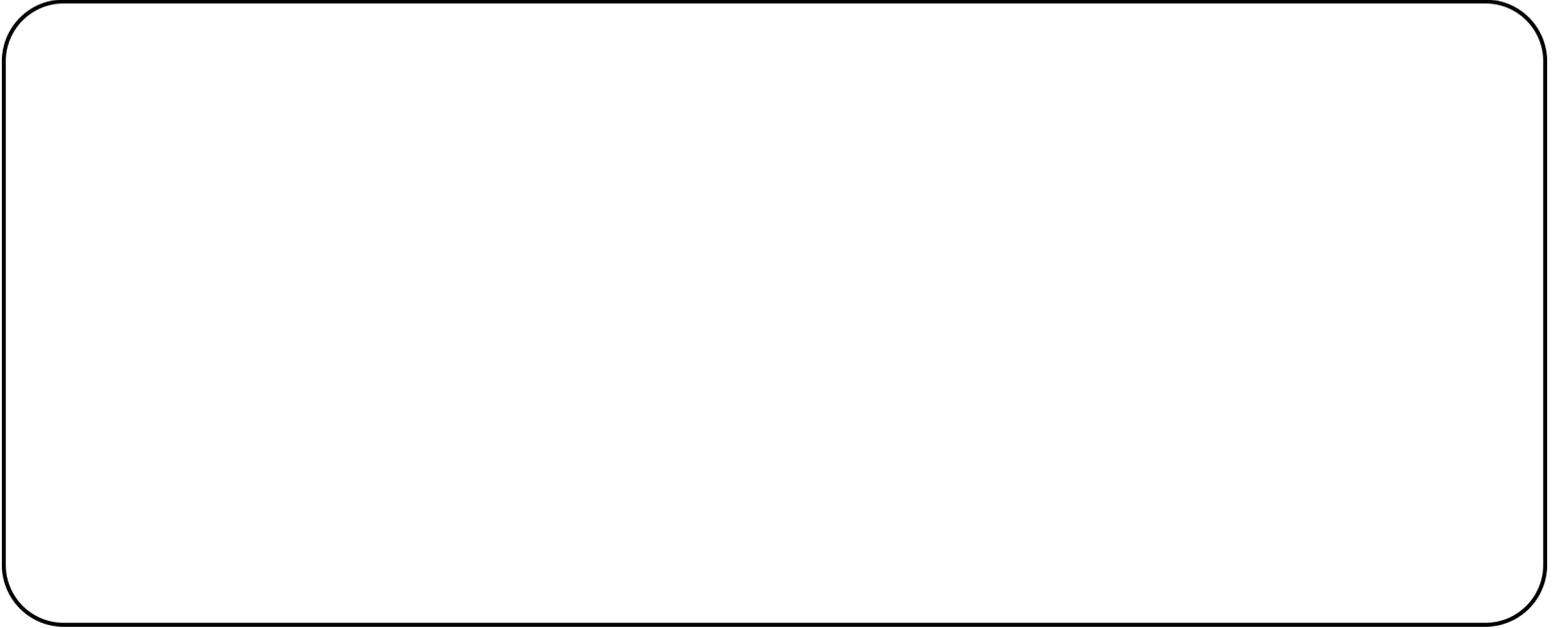


## Step 1 - Body Signals Map

Use this space to draw or write about what it **feels** like when a **boundary is crossed**.

**Where** do you feel it **in your body**? What **signals** to you that something is **not right**?

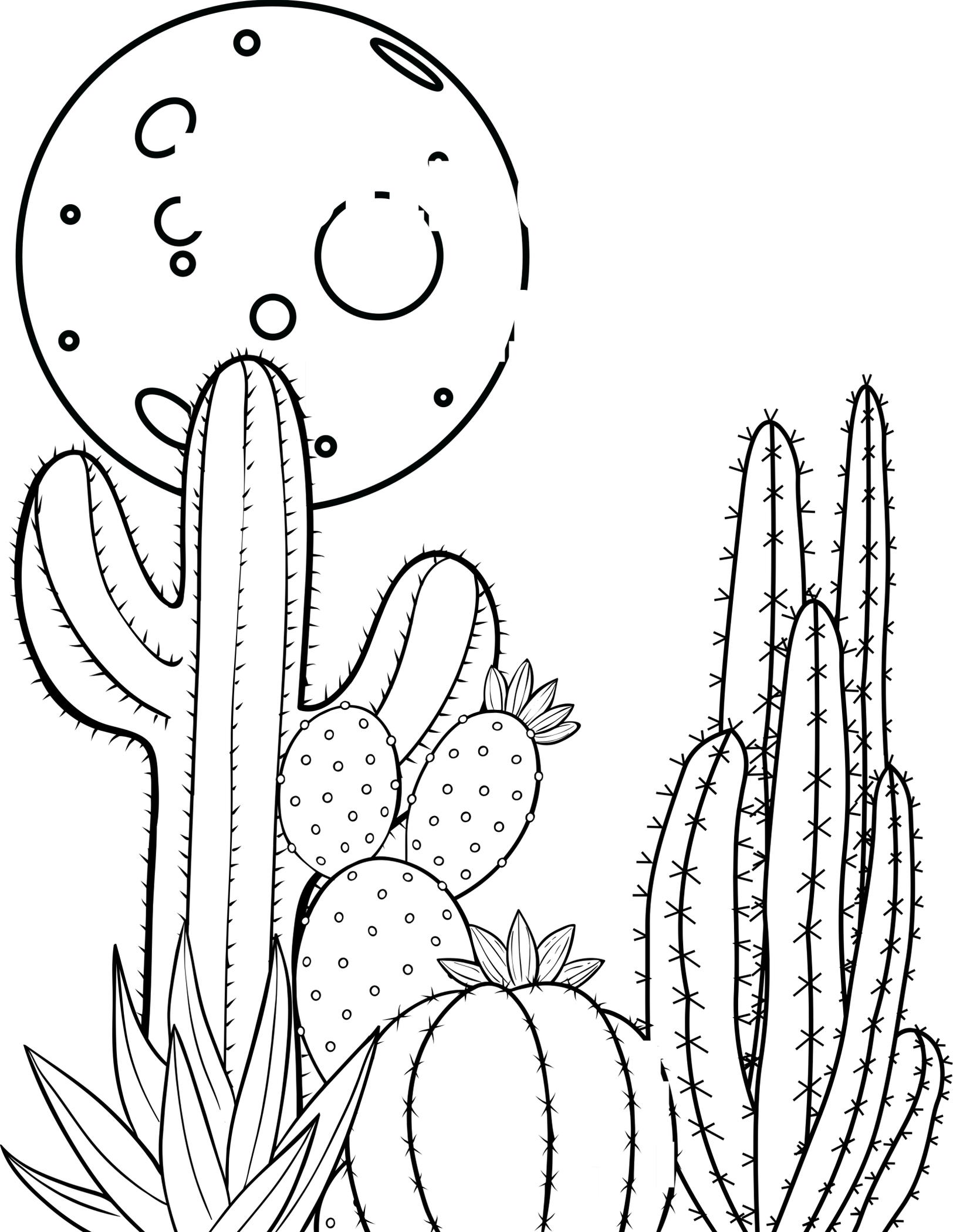
You can use colors, symbols, words or anything that makes sense to you.



## Step 2 - Boundary Landscape

Use this space to draw or write about your personal boundaries – both the ones you already have and the ones you'd like to strengthen. Think about what feels protective to you; phrases you can use to assert your boundaries, an image or symbol that represents protection or safety or the feeling of having your boundaries acknowledged and respected.





# A TRAIL OF TINY WINS

The snail reminds us that **healing happens at its own pace**. It might be slow and steady — but **every step counts**.



On this page, take a moment to notice your wins. Write or **draw them on the stepping stones**, letting each one show how your small **moments of care and effort connect over time**.

- resting when you needed to
- trying something that helped a hard moment feel a little easier
- asking for help or support even if it felt tough
- getting an assignment done you were really dreading
- noticing a moment you were kind to yourself
- simply making it through the day

**No win is too small to celebrate.**

You can come back to this page whenever you like. Over time, notice how these **small moments** begin to **add up** as **steady steps along your path**.

