



FEMME FORWARD

AMBITION. RESILIENCE. FREEDOM. **FORWARD.**

THE FEMME FORWARD COLLECTION

VOLUME II

REBUILDING SELF-TRUST

A Worksheet for *Reconnecting*
with Your Own Judgment



A GUIDED WORKBOOK FOR HIGH-ACHIEVING WOMEN PRACTICING THE
QUIET, REPEATABLE WORK OF TRUSTING THEMSELVES AGAIN.



*Self-trust isn't found.
It's rebuilt, one decision at a time.*

BY MELISSA VILDERS

FOUNDER, FEMME FORWARD



BEFORE YOU BEGIN

How to Use This Worksheet

This isn't a worksheet with right answers.

After coercive control, self-trust doesn't return in one sitting. It was worn down gradually, through repetition — and it's rebuilt the same way. This workbook is a place to practice.

A few suggestions before you start:

Work in order — but return to any section as often as you need to.

Write by hand if you can. It slows the process down in a useful way.

There's no deadline. Some sections take five minutes. Others take a week.

If a prompt brings up more than expected, that's information — not a problem to fix immediately.

This workbook pairs with *Invisible Bruises*, Volume I of the Femme Forward Collection. You don't need it to begin here, but its language may make some prompts easier to answer.

Where Trust Broke

Self-doubt usually has a starting point — a specific moment your judgment was overridden, questioned, or punished. Naming it takes away some of its power.

Describe a moment you knew something was wrong before you were "allowed" to say so.

What did you stop trusting about yourself after that — a feeling, a memory, an instinct?

If a friend described this exact moment to you, what would you tell her about her own judgment?

The Voice in Your Head

Some of what runs through your mind under pressure isn't yours — it was installed. Use this page to separate what you were told from what you actually know.

WHAT I WAS TOLD

"You're too sensitive."

WHAT I NOW KNOW

My reactions were proportionate to what was happening.

Small Decisions, Rebuilt

Autonomy returns through repetition, not realization. This week, make seven small decisions without checking them against anyone else's approval — and notice how each one feels.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

☐ Check the box if you made the decision without seeking approval first.

Evidence Log

Self-trust is rebuilt on evidence, not affirmations. Document moments your judgment was right — proof to return to when doubt creeps back in.

DATE	THE DECISION	THE OUTCOME



*Self-trust isn't found.
It's rebuilt, one decision
at a time.*



Keep this workbook somewhere you'll return to. Revisit the Evidence Log whenever doubt gets loud — it will, sometimes — and let it remind you of what you already know.



This is Volume II of the Femme Forward Collection.
Volume III continues this work.

*This workbook is educational and does not replace therapy or professional support.
If you are in immediate danger, call 911. National Domestic Violence Hotline: 1-800-799-7233.*