RIVALSHOT ACADEMY · LEARNER JOURNAL

Clear Boundaries — my journal

This journal is yours. Write as much or as little as you like, skip any prompt, and stop whenever you need to. You can use invented situations instead of real ones. Please do not write anyone's name, any address, or any password, code or account detail here. If writing about a hard moment stirs things up, pause, do something that helps you settle, and come back later or not at all. Whatever happened to you, it was not your fault.

How to use this journal

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Write for yourself. Leave out addresses, codes, account details and anything that identifies other people.

Short clear no

Write two boundary sentences of ten words or fewer. Which one feels most like your own voice, and why?

Which part of saying no feels hardest for you: the words, the tone, or the moment after? What would make it a little easier?

Write one way you could say no without speaking, such as a gesture or a typed note.

When no gets tested

Which kind of pushback would you find easiest to miss: a re-ask, a shrink, a guilt label, an unasked favor or someone moving closer? Why?

What does your body tend to do when something starts to feel off? Describe the signal you most want to trust.

Respond move or leave

For a place you go often, describe where you would move to and how you would leave, without writing its address.

Write your exit pair: one short sentence and one move.

What belief, if any, makes leaving feel like giving up? Rewrite it as something kinder and truer.

Staff and allies

Write a three-part ask you could use: what is happening, what you have already done, what you need.

List, by role only, two or three people you could ask for help at work, at school or in places you visit.

Record and report

Write the headings you would use for a same-day note.

Describe, in general terms, a private place you would keep a record. What would make it truly private?

Which reporting route would you like to understand better, and which official page will you read?

Recovery never your fault

Write your three-step settle-down plan.

Write the words you would want a friend to say to you after a hard moment. Now write them to yourself.

Which support line or resource do you want to keep handy, and where will you save it?

Looking back

What is one idea from this course you want to remember a year from now?

Which choice, saying a short no, moving, leaving, asking for help or writing it down, feels most within reach for you today, and what is one small step toward it?

If someone you care about went through harassment, what would you want to say to them, and what would you want to avoid saying?

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