

Emotional Processing Journal

Fourteen emotions, each with teaching, a quotation and questioning prompts

Research-informed use. This resource may support skill learning but is not comprehensive DBT. The four common skills domains are mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation; outcomes remain individualized.

ABOUT THIS RESOURCE

A guided journal that takes one emotion at a time, from fear and worry through guilt, shame, bitterness, jealousy, resentment, disappointment, anger, sadness and grief, and then forgiveness and happiness. Each section pairs a short explanation and quotation with pages of 'questioning my...' prompts. It opens with ways to deal with negative emotions and ends with notes pages.

HOW TO USE IT

Assign the section matching the emotion that is live for the client. Sections are independent and run four to five pages each.

AT A GLANCE

AUDIENCE **Client Resource**

FORMAT **Workbook**

FAMILY **DBT · emotion regulation**

74

PAGES

32

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BACK TO MENU WAYS TO DEAL WITH MY

Emotional Processing Journal · worksheet

BACK TO MENU WAYS TO DEAL WITH MY NEGATIVE EMOTIONS Practice mindfulness without judgment to observe and acknowledge my emotions. Take deep breaths to help me calm down. Engage in physical activity to release endorphins and boost my mood. Challenge the negative emotions and replace them with positive affirmations to improve my mood. Focus on what I'm thankful for to cultivate a positive perspective. Express myself through art, music, or writing to release the negativity. Prioritize self-care activities such as getting enough sleep, eating

well, and relaxing.

Reach out to a trusted friend or close relative for support and

perspective.

Spend time in nature to reduce stress and improve my mood.

10. Learn to accept that negative emotions are a natural part of life

and practice self compassion to help myself deal with them.

BACK TO MENU 01 FEAR

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- BACK TO MENU
- 01 FEAR Fear is a primal and universal emotion that has been integral to the survival of humans and other animals since the dawn of time. It is a natural response to a perceived threat or danger, and it can manifest in a variety of ways, from a mild uneasiness to a paralyzing terror. When we experience fear, our bodies go into overdrive, releasing adrenaline and other stress hormones that prepare us for "fight or flight." Fear can be likened to a powerful force that casts a shadow over our lives. It can lurk in the corners of our minds, waiting to pounce on us when we least expect it. It can make us feel small and powerless, like a tiny boat tossed about on the stormy sea. And just as a shadow is intangible, fear is often hard to grasp or understand. It can take on many forms and can be triggered by a range of stimuli, from real threats to imagined ones. Despite its negative connotations, fear can also serve a positive purpose. It can help us stay alert and avoid danger, and it can motivate us to take action to protect ourselves or those we love. In this way, fear can be a powerful ally, driving us forward and helping us to overcome our limitations. However, when fear becomes excessive or irrational, it can interfere with our daily lives, causing anxiety, stress, and other

negative consequences. Learning

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- negative consequences. Learning how to manage and cope with fear is therefore an essential life
- skill.

BACK TO MENU "COURAGE IS NOT THE

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QUICK-REFERENCE LIBRARY

- BACK TO MENU
- SOMETHING ELSE IS
- "COURAGE IS NOT THE
- MORE IMPORTANT
- ABSENCE OF FEAR,
- THAN FEAR."
- BUT RATHER THE
- FRANKLIN D.
- ASSESSMENT THAT
- ROOSEVELT

Emotional Processing Journal

Emotional Processing Journal · question bank

COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY FEAR

— HOW DO I TYPICALLY RESPOND WHEN I FEEL AFRAID?

— WHAT AM I AFRAID OF RIGHT NOW?

— AM I ALLOWING FEAR TO CONTROL AND LIMIT MY ACTIONS AND DECISIONS?

— WHAT IF I TRIED TO FACE MY FEARS INSTEAD OF AVOIDING THEM?

— HOW DOES FEAR IMPACT MY THOUGHTS AND BEHAVIORS?

— WHAT IF I EMBRACED FEAR AS A CATALYST FOR GROWTH AND TRANSFORMATION RATHER THAN A BARRIER?

— HOW CAN I LEARN TO MANAGE MY FEARS IN A HEALTHY WAY?

— IS MY FEAR BASED ON REALITY OR IS IT EXAGGERATED?

— WHAT PAST EXPERIENCES MAY BE CONTRIBUTING TO MY CURRENT FEAR?

— HOW CAN I DISTINGUISH BETWEEN RATIONAL FEARS THAT PROTECT ME AND IRRATIONAL FEARS THAT HOLD ME

— BACK?

— IF I COULD VISUALIZE A FEAR-FREE VERSION OF MYSELF, WHAT QUALITIES AND EXPERIENCES WOULD DEFINE

— THAT VERSION?

— IF I COULD LET GO OF ONE FEAR THAT NO LONGER SERVES ME, WHAT POSITIVE CHANGES WOULD IT BRING TO MY

— LIFE?

— HOW CAN I BUILD MY SELF-CONFIDENCE TO HELP COMBAT FEAR?

— AM I WILLING TO TAKE CALCULATED RISKS, KNOWING THAT THE GROWTH AND REWARDS OFTEN LIE ON THE OTHER

— SIDE OF FEAR?

— WHAT IF I QUESTIONED THE VALIDITY OF MY FEARS AND CHALLENGED THE STORIES I TELL MYSELF ABOUT THEM?

— HOW CAN I INCORPORATE SELF-CARE PRACTICES TO HELP REDUCE FEAR?

— WHAT IF I VIEWED FEAR AS A NATURAL AND NECESSARY PART OF THE HUMAN EXPERIENCE?

— HOW CAN I PRACTICE MINDFULNESS TO HELP REDUCE FEAR-BASED THOUGHTS?

— WHAT IF I VIEWED FEAR AS A CHALLENGE TO OVERCOME RATHER THAN A THREAT TO AVOID?

— IF I CONTINUE TO LET FEAR CONTROL MY LIFE, WHAT OPPORTUNITIES MAY I MISS OUT ON?

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COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY FEAR

— HOW CAN I REFRAME MY FEAR TO HELP ME TAKE POSITIVE ACTION?

— WHAT IF I TOOK SMALL STEPS TO FACE MY FEARS AND GRADUALLY BECOME LESS AFRAID OF THEM?

— HOW CAN I BUILD A SUPPORT SYSTEM TO HELP ME MANAGE FEAR?

— WHAT IF I FACED MY DEEPEST FEAR HEAD-ON, AND DISCOVERED A STRENGTH WITHIN ME THAT I NEVER KNEW

— EXISTED?

— IS MY FEAR ROOTED IN THE FEAR OF REJECTION OR JUDGMENT, AND HOW CAN I BUILD SELF-ACCEPTANCE AND

— SELF-LOVE TO OVERCOME IT?

— WHAT IF I EMBRACED UNCERTAINTY INSTEAD OF FEARING IT?

— HOW CAN I USE POSITIVE SELF-TALK TO HELP MANAGE MY FEARS?

— HAS AN EVENT EXPOSED A FEAR THAT I WASN'T AWARE OF, AND WHAT LESSONS CAN I LEARN FROM EXPLORING

— IT?

— HOW CAN I PRACTICE RELAXATION TECHNIQUES TO HELP MANAGE FEAR?

— DID AN EVENT REVEAL A HIDDEN FEAR, LEADING ME TO INVESTIGATE ITS ORIGINS AND EFFECTS ON MY LIFE?

— HOW CAN I USE MY IMAGINATION TO PICTURE CALMING AND POSITIVE THINGS TO HELP MANAGE FEAR?

— IF I CONTINUE TO LET FEAR DICTATE MY ACTIONS, WHAT IMPACT MIGHT IT HAVE ON MY RELATIONSHIPS?

— HOW CAN I PRACTICE SELF-COMPASSION TO HELP MANAGE FEAR?

— WHAT IF I SAW FEAR AS A SIGN OF STRENGTH AND BRAVERY FOR ACKNOWLEDGING MY VULNERABILITIES?

— HOW CAN I IDENTIFY AND CHALLENGE MY FEAR-BASED TRIGGERS?

— IF I CONTINUE TO AVOID FACING MY FEAR, HOW MIGHT IT IMPACT MY PERSONAL GROWTH AND

— DEVELOPMENT?

— HOW CAN I USE PHYSICAL EXERCISE TO HELP MANAGE FEAR?

— WHAT IF I VIEWED FEAR AS A WAY TO CONNECT WITH OTHERS WHO MAY HAVE SIMILAR EXPERIENCES?

— HOW CAN I USE CREATIVITY TO EXPRESS AND MANAGE MY FEAR?

— IF I CHOOSE TO CONFRONT MY FEARS, HOW CAN I BREAK DOWN THE PROCESS INTO SMALLER, MANAGEABLE

— STEPS?

BACK TO MENU 02 WORRY

Emotional Processing Journal · reference list

QUICK-REFERENCE LIBRARY

- BACK TO MENU
- becomes
- 02 WORRY Worry is a common and often unpleasant emotion that can be described as a state of unease or
- overwhelming
- anxiety about potential future events or outcomes. It can be triggered by a range of factors, from personal concerns such as
- presence in our lives. Like a chain, worry can bind us and limit our ability to live fully in the present moment, preventing
- health or finances, to larger societal issues such as climate
- us from enjoying life's pleasures
- change or political instability. Worry is often accompanied by physical symptoms such as
- and opportunities. Although worry has negative effects, it can also serve a positive function. It can motivate
- tension,
- us to take action to address problems or to plan for the future. It can also be a sign of empathy and concern for others,
- restlessness,
- showing that we care about their
- and
- well-being.
- difficulty sleeping. Worry is like a persistent voice in the back of our minds that whispers negative and fearful
- However,
- thoughts. It can be like a seed that, once planted, grows and takes root, feeding on our anxieties and fears until it
- when worry becomes excessive or

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- uncontrollable, it can interfere with our ability to function and lead a fulfilling life. Learning how
- peacefully and confidently.

- to manage and cope with worry is therefore an important skill that can help us to live more

BACK TO MENU "WORRYING DOES NOT

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QUICK-REFERENCE LIBRARY

- BACK TO MENU
- IT TAKES AWAY TODAY'S
- "WORRYING DOES NOT
- PEACE."
- TAKE AWAY
- - RANDY ARMSTRONG
- TOMORROW'S TROUBLES;

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COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY WORRY

— WHAT AM I WORRYING ABOUT RIGHT NOW?

— WHAT IF MY WORRIES COME TRUE? HOW WILL I HANDLE IT?

— AM I OVERTHINKING THIS SITUATION?

— WHAT IF I TRY TO LET GO OF MY WORRIES AND SEE WHAT HAPPENS?

— HOW IS MY WORRYING AFFECTING MY RELATIONSHIPS?

— IF I CONTINUE TO WORRY, WHAT IS THE WORST-CASE SCENARIO?

— HOW CAN I REFRAME MY WORRIES INTO POSITIVE THOUGHTS?

— HAS WORRYING ABOUT THIS IN THE PAST CHANGED THE OUTCOME?

— WHAT IF I EMBRACE UNCERTAINTY INSTEAD OF TRYING TO CONTROL EVERYTHING?

— AM I WORRYING ABOUT SOMETHING WITHIN MY CONTROL?

— IF I TAKE ACTION, WILL IT HELP ALLEVIATE MY WORRIES?

— HOW CAN I DISTRACT MYSELF FROM MY WORRIES IN A HEALTHY WAY?

— IS MY WORRYING PREVENTING ME FROM LIVING IN THE PRESENT MOMENT?

— WHAT IF I CHALLENGE THE VALIDITY OF MY WORRIES?

— AM I HOLDING ONTO PAST WORRIES AND LETTING THEM AFFECT ME NOW?

— IMAGINE IF I DIDN'T WORRY, HOW WOULD MY LIFE BE DIFFERENT?

— IF I TALK TO SOMEONE ABOUT MY WORRIES, WILL IT HELP ME GAIN PERSPECTIVE?

— HOW CAN I PRACTICE SELF-COMPASSION WHEN I'M WORRIED?

— IS MY WORRYING A PATTERN OF BEHAVIOR? IF SO, HOW CAN I BREAK THE CYCLE?

— IS MY WORRY FOCUSED ON REALISTIC CONCERNS OR DO I TEND TO CATASTROPHIZE AND

— IMAGINE WORST-CASE SCENARIOS?

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Emotional Processing Journal · question bank

COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY WORRY

— HOW CAN I FIND A HEALTHY BALANCE BETWEEN PREPARING FOR THE FUTURE AND WORRYING

— ABOUT IT?

— HAS MY WORRYING EVER ACTUALLY PREVENTED SOMETHING BAD FROM HAPPENING?

— WHAT IF I TRY TO FOCUS ON THE PRESENT INSTEAD OF THE FUTURE?

— AM I WORRYING ABOUT SOMETHING THAT HASN'T HAPPENED YET?

— HOW CAN I CHALLENGE MY ANXIOUS THOUGHTS AND REPLACE THEM WITH MORE REALISTIC

— ONES?

— WHAT IF I TRY TO LET GO OF MY WORRIES AND TRUST THAT THINGS WILL WORK OUT?

— HOW IS MY WORRYING AFFECTING MY PHYSICAL HEALTH?

— IS MY WORRYING ROOTED IN A DEEPER FEAR OR INSECURITY?

— WHAT IF I PRACTICE MINDFULNESS TO HELP CALM MY WORRIES?

— AM I WORRYING ABOUT SOMETHING THAT IS UNLIKELY TO HAPPEN?

— HOW CAN I USE MY WORRIES AS MOTIVATION TO TAKE POSITIVE ACTION?

— WHAT IF I LET GO OF MY NEED TO BE IN CONTROL?

— HOW CAN I BREAK DOWN MY WORRIES INTO SMALLER, MORE MANAGEABLE PIECES?

— IS MY WORRYING BASED ON FACTS OR ASSUMPTIONS?

— WHAT IF I TRY TO REFRAME MY WORRIES AS CHALLENGES TO OVERCOME?

— WHAT IF I WRITE DOWN MY WORRIES AND MAKE A PLAN TO ADDRESS THEM?

— AM I WORRYING ABOUT THINGS THAT ARE OUTSIDE OF MY RESPONSIBILITY OR INFLUENCE?

— WHAT IF I SHIFT MY FOCUS FROM WORRYING TO PROBLEM-SOLVING?

— HOW CAN I REMIND MYSELF THAT WORRYING WON'T CHANGE THE OUTCOME?

— AM I WILLING TO LET GO OF MY WORRIES AND TRUST IN THE PROCESS?

BACK TO MENU 03 GUILT

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- BACK TO MENU
- 03 GUILT Guilt is a complex and often painful emotion that arises when we believe we have violated a
- moral or ethical standard. It can be a powerful force, driving us to correct our mistakes and make amends for our actions. However,
- it can also be a burden that weighs heavily on our minds and
- prevents us from moving forward. Guilt is often accompanied by feelings of remorse, shame, and
- self-blame. Guilt can be compared to a heavy stone that we carry with us wherever we go. It can feel like an
- unrelenting weight on our shoulders, a constant reminder of
- our failures and shortcomings. Just as a stone can be hard to put down or move, guilt can be difficult to shake off or let go of. It
- can persist long after the actual wrongdoing has occurred, and can become a source of chronic
- stress and anxiety. Despite its negative effects, guilt
- can also serve a positive function. It can motivate us to make amends, to seek forgiveness, and to live in accordance with our
- values and principles. However, when guilt becomes excessive or irrational, it can lead to selfdestructive behavior and a
- diminished sense of self-worth. Learning how to manage and cope with guilt is therefore an essential part of emotional health
- and well-being.

BACK TO MENU "GUILT IS THE HOUND

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QUICK-REFERENCE LIBRARY

- BACK TO MENU
- WHEN SILENCE IS
- "GUILT IS THE HOUND
- SAFEST."
- OF THE HEART THAT
- - JOHN CLARE
- MAKES ITSELF HEARD

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COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY GUILT

— AM I CARRYING UNNECESSARY GUILT ABOUT A PAST MISTAKE?

— WHAT IF I COULD FORGIVE MYSELF FOR MY PAST ACTIONS?

— IF I LET GO OF GUILT, WHAT WOULD MY LIFE LOOK LIKE?

— HAS AN EVENT TRIGGERED FEELINGS OF GUILT IN ME?

— IS MY GUILT PREVENTING ME FROM MOVING FORWARD?

— IMAGINE IF I WERE ABLE TO RELEASE MY GUILT, HOW WOULD THAT FEEL?

— HOW CAN I LEARN FROM MY MISTAKE WITHOUT BEING CONSUMED BY GUILT?

— AM I TAKING RESPONSIBILITY FOR SOMETHING THAT ISN'T MY FAULT?

— WHAT IF I WERE TO APOLOGIZE AND MAKE AMENDS FOR MY ACTIONS?

— WHAT IF I EXAMINE THE UNDERLYING REASONS FOR MY GUILT?

— HAS MY GUILT TURNED INTO SHAME? HOW CAN I DIFFERENTIATE BETWEEN THE TWO?

— IS IT POSSIBLE FOR ME TO ACCEPT MY MISTAKE AND MOVE ON WITHOUT HOLDING ONTO GUILT?

— IMAGINE IF I COULD SHOW MYSELF COMPASSION INSTEAD OF GUILT, HOW WOULD THAT CHANGE

— MY PERSPECTIVE?

— HOW CAN I MAKE THINGS RIGHT WITHOUT CARRYING THE WEIGHT OF GUILT?

— AM I PUNISHING MYSELF UNNECESSARILY FOR MY PAST ACTIONS?

— WHAT IF I WERE TO SHIFT MY FOCUS TO MAKING POSITIVE CHANGES INSTEAD OF HOLDING ONTO

— GUILT?

— IF I LET GO OF GUILT, WOULD I BE ABLE TO APPRECIATE THE PRESENT MOMENT MORE?

— AM I USING GUILT AS AN EXCUSE TO AVOID TAKING RESPONSIBILITY FOR MY ACTIONS?

— IS IT POSSIBLE TO LEARN FROM MY MISTAKES WITHOUT FEELING GUILTY?

— IMAGINE IF I WERE TO REFRAME MY MISTAKE AS A LEARNING OPPORTUNITY, HOW WOULD THAT

— CHANGE MY PERSPECTIVE ON GUILT?

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COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY GUILT

— HOW CAN I FORGIVE MYSELF FOR MY PAST ACTIONS?

— AM I JUDGING MYSELF TOO HARSHLY FOR MY MISTAKE?

— WHAT IF I WERE TO PRACTICE SELF-COMPASSION INSTEAD OF SELF-BLAME?

— HAS MY GUILT BECOME A HABIT IN MY LIFE?

— HAS MY GUILT CAUSED ME TO ISOLATE MYSELF FROM OTHERS?

— IS IT POSSIBLE TO MOVE FORWARD WITHOUT BEING WEIGHED DOWN BY GUILT?

— IMAGINE IF I WERE ABLE TO REFRAME MY GUILT AS A REMINDER TO DO BETTER NEXT TIME,

— HOW WOULD THAT CHANGE MY PERSPECTIVE?

— HOW CAN I FIND CLOSURE AND LET GO OF MY GUILT?

— AM I HOLDING ONTO GUILT AS A WAY TO PUNISH MYSELF?

— WHAT IF I WERE TO GIVE MYSELF PERMISSION TO LET GO OF GUILT AND MOVE ON?

— IF I WERE TO FORGIVE MYSELF, WHAT POSITIVE CHANGES WOULD I SEE IN MY LIFE?

— HAS MY GUILT BECOME A BARRIER TO MY PERSONAL GROWTH?

— IF I DON'T ADDRESS MY GUILT, WILL IT CONTINUE TO HOLD POWER OVER ME?

— IMAGINE IF I WERE TO TREAT MYSELF WITH KINDNESS INSTEAD OF GUILT, HOW WOULD THAT

— CHANGE MY PERSPECTIVE?

— HOW CAN I MAKE AMENDS WITHOUT HOLDING ONTO GUILT?

— AM I COMPARING MYSELF TO AN UNREALISTIC STANDARD AND FEELING GUILTY AS A RESULT?

— WHAT IF I WERE TO PRACTICE SELF-FORGIVENESS INSTEAD OF SELF-PUNISHMENT?

— IF I LET GO OF GUILT, WOULD I BE ABLE TO APPROACH CHALLENGES WITH A CLEARER MIND?

— IF I CHOOSE TO WORK THROUGH MY GUILT, HOW CAN I IDENTIFY THE LESSONS LEARNED AND

— COMMIT TO MAKING DIFFERENT CHOICES IN THE FUTURE?

— IS IT POSSIBLE FOR ME TO MOVE FORWARD AND MAKE POSITIVE CHANGES WITHOUT FEELING

— GUILTY ABOUT MY PAST?

BACK TO MENU 04 SHAME

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- BACK TO MENU
- 04 SHAME Shame is a powerful and deeply rooted emotion that can leave
- individuals
- feeling
- exposed, unworthy, and marked by a sense of disgrace. It is often triggered by a perceived failure to meet
- societal or personal expectations, leading to a profound sense of
- embarrassment
- and
- selfconsciousness.
- Unlike
- guilt, which typically focuses on specific actions or behaviors, shame encompasses a broader
- sense of self and can have longlasting effects on one's selfesteem and identity. Shame is like a heavy cloak that
- drapes over our shoulders, concealing our true selves and weighing us down. This cloak of shame shrouds us in a veil of selfjudgment and diminishes our
- ability to fully embrace our true authentic selves. Just as a heavy cloak restricts our movement, shame restricts our emotional
- freedom and hampers our
- personal growth. Ultimately, shame stems from the fear of being rejected or judged by others. It can emerge from both
- external sources, such as societal norms and expectations, and internal sources, such as our own
- harsh
- self-criticism.
- The experience of shame can be deeply painful, leaving individuals trapped in a cycle of self-doubt and self-blame. Understanding
- and navigating shame is an

essential part of fostering selfcompassion

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- essential part of fostering selfcompassion
- resilience in the face of adversity. By exploring and addressing the underlying causes of shame, individuals can begin to heal and
- and
- reclaim their sense of self-worth.
- building

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How might this inform one next step?

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Emotional Processing Journal · question bank

COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY SHAME

— AM I FEELING SHAME BECAUSE I MADE A MISTAKE?

— WHAT IF SOMEONE FOUND OUT ABOUT MY SECRET AND JUDGED ME FOR IT?

— IF I CONTINUE TO FEEL SHAME, WILL IT HOLD ME BACK FROM ACHIEVING MY GOALS?

— HAS AN EVENT IN MY PAST CONTRIBUTED TO MY SHAME?

— IS MY SHAME BASED ON SOCIETAL EXPECTATIONS AND STANDARDS?

— IMAGINE IF I COULD LET GO OF MY SHAME, HOW WOULD MY LIFE BE DIFFERENT?

— HOW CAN I OVERCOME MY SHAME AND MOVE FORWARD?

— AM I UNFAIRLY HOLDING MYSELF TO A HIGHER STANDARD THAN OTHERS?

— WHAT IF I LEARNED TO FORGIVE MYSELF FOR MY MISTAKES AND LET GO OF MY SHAME?

— IF I CONTINUE TO FEEL SHAME, WILL IT NEGATIVELY AFFECT MY RELATIONSHIPS WITH OTHERS?

— HAS AN OUTSIDE INFLUENCE CAUSED ME TO FEEL SHAME, SUCH AS A PARENT OR AUTHORITY FIGURE?

— IS MY SHAME PREVENTING ME FROM SEEKING HELP OR SUPPORT?

— WHAT IF I CHALLENGE THE BELIEFS AND EXPECTATIONS THAT CONTRIBUTE TO MY SHAME?

— HOW CAN I TAKE RESPONSIBILITY FOR MY ACTIONS WITHOUT FEELING OVERWHELMING SHAME?

— AM I USING SHAME AS A WAY TO PUNISH MYSELF FOR PAST MISTAKES?

— WHAT IF I SAW MY MISTAKES AS OPPORTUNITIES FOR GROWTH INSTEAD OF REASONS FOR SHAME?

— IF I CONTINUE TO FEEL SHAME, WILL IT IMPACT MY SELF-ESTEEM AND SELF-WORTH?

— HAS AN EXPERIENCE OF REJECTION OR ABANDONMENT CONTRIBUTED TO MY FEELINGS OF SHAME?

— IS MY SHAME HOLDING ME BACK FROM EXPRESSING MY TRUE SELF?

— IMAGINE IF I WERE TO ACCEPT MY FLAWS AND MISTAKES, HOW MIGHT IT CHANGE MY RELATIONSHIP

— WITH MYSELF?

— HOW CAN I CHALLENGE THE SHAME NARRATIVES I'VE INTERNALIZED AND REPLACE THEM WITH

— EMPOWERING BELIEFS?

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COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY SHAME

— HOW CAN I SHOW MYSELF COMPASSION AND KINDNESS IN THE FACE OF SHAME?

— AM I OVERLY CONCERNED WITH THE OPINIONS OF OTHERS, LEADING TO FEELINGS OF SHAME?

— WHAT IF I VIEWED MY MISTAKES AS PART OF MY UNIQUE JOURNEY AND GROWTH PROCESS?

— IF I CONTINUE TO FEEL SHAME, WILL IT LEAD TO SELF-DESTRUCTIVE BEHAVIORS OR THOUGHTS?

— HAS A TRAUMATIC EXPERIENCE CAUSED ME TO FEEL SHAME AND EMBARRASSMENT?

— IS MY SHAME PREVENTING ME FROM PURSUING MY PASSIONS OR TRYING NEW THINGS?

— IMAGINE IF I WERE TO SHARE MY SHAME WITH A TRUSTED FRIEND OR RELATIVE, HOW MIGHT

— IT IMPACT MY HEALING?

— HOW CAN I REDEFINE MY RELATIONSHIP WITH SHAME AND USE IT AS A TOOL FOR SELFIMPROVEMENT?

— AM I HOLDING ONTO SHAME AS A WAY TO AVOID TAKING RESPONSIBILITY FOR MY ACTIONS?

— WHAT IF I ACCEPTED MY FLAWS AND MISTAKES AS PART OF BEING HUMAN, HOW MIGHT IT

— SHIFT MY PERSPECTIVE?

— IF I CONTINUE TO FEEL SHAME, WILL IT LEAD TO FEELINGS OF DEPRESSION OR ANXIETY?

— HAS SOCIETAL CONDITIONING CAUSED ME TO FEEL SHAME FOR THINGS THAT ARE OUTSIDE OF

— MY CONTROL?

— IS MY SHAME PREVENTING ME FROM BUILDING MEANINGFUL RELATIONSHIPS WITH OTHERS?

— IMAGINE IF I WERE TO EMBRACE VULNERABILITY INSTEAD OF SHAME, HOW MIGHT IT IMPACT

— MY SENSE OF SELF?

— HOW CAN I PRACTICE FORGIVENESS, BOTH TOWARDS MYSELF AND OTHERS, AS A WAY TO HEAL

— FROM SHAME?

— AM I HOLDING ONTO SHAME AS A WAY TO CONTROL MY BEHAVIOR OR AVOID TAKING RISKS?

— IF I CONTINUE TO FEEL SHAME, WILL IT IMPACT MY ABILITY TO TRUST OTHERS?

— HAS A PAST BETRAYAL OR TRAUMA CONTRIBUTED TO MY FEELINGS OF SHAME?

— IS MY SHAME PREVENTING ME FROM EXPERIENCING JOY AND HAPPINESS IN MY LIFE?

BACK TO MENU 05 BITTERNESS

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QUICK-REFERENCE LIBRARY

- BACK TO MENU
- Like
- 05 BITTERNESS Bitterness, a powerful and lingering emotion, can be described as a deep-seated resentment or hostility
- corrosive substance, it eats away at our sense of peace and contentment, leaving behind a trail of bitterness that
- that arises from a sense of injustice or disappointment. It is often characterized by a persistent and
- colors our perception of the world. Just as poison can paralyze and impair bodily functions, bitterness
- acrid taste that lingers within one's soul. Bitterness can stem from unfulfilled expectations, betrayal,
- can paralyze our ability to move forward, hindering our emotional growth and preventing us from
- or unresolved conflicts, and it can
- finding resolution. At its core, bitterness often emerges as a defense mechanism, a way to shield ourselves from
- poison
- further pain or disappointment. It can become a shield that we hold onto tightly, convinced that it
- relationships,
- protects us from future harm. However, in reality, bitterness only serves to isolate us and hinder our
- erode happiness, and trap individuals in a
- ability
- cycle of negativity. Bitterness can be compared to a toxic poison that infiltrates the heart and spreads its venomous
- form
- influence.
- meaningful

connections

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- connections
- ultimately, finding a path towards
- and
- greater peace and fulfillment.
- experience genuine joy. Understanding and addressing the roots of bitterness is crucial for healing, forgiveness, and

Emotional Processing Journal · information

What stands out?

How might this inform one next step?

Emotional Processing Journal

Emotional Processing Journal · question bank

COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY BITTERNESS

— HOW DO I FEEL WHEN I THINK ABOUT THE PERSON OR EVENT THAT CAUSED MY BITTERNESS?

— WHAT IF I HAD REACTED DIFFERENTLY IN THAT SITUATION, WOULD I STILL BE FEELING BITTER?

— IF I HAD THE CHANCE TO TALK TO THE PERSON WHO CAUSED MY BITTERNESS, WHAT WOULD I SAY?

— AM I ALLOWING MY BITTERNESS TO CONSUME ME AND AFFECT OTHER AREAS OF MY LIFE?

— HAS AN EVENT FROM MY PAST CONTRIBUTED TO MY CURRENT BITTERNESS?

— WHAT WOULD HAPPEN IF I TRIED TO SEE THINGS FROM THE OTHER PERSON'S PERSPECTIVE?

— HOW CAN I FORGIVE THE PERSON WHO CAUSED MY BITTERNESS?

— AM I HOLDING ONTO MY BITTERNESS AS A WAY TO PROTECT MYSELF FROM BEING HURT AGAIN?

— AM I WILLING TO EXPLORE ALTERNATIVE PERSPECTIVES AND CHALLENGE MY OWN BIASES?

— IF I COULD GO BACK IN TIME, WOULD I HAVE HANDLED THE SITUATION DIFFERENTLY TO AVOID FEELING BITTER?

— IS MY BITTERNESS PREVENTING ME FROM LIVING A HAPPY AND FULFILLING LIFE?

— IMAGINE IF I LET GO OF MY BITTERNESS, WHAT NEW OPPORTUNITIES COULD ARISE?

— WHAT IF I HAD THE POWER TO CHANGE THE SITUATION THAT CAUSED MY BITTERNESS, WOULD I DO IT?

— IF I CHOOSE TO CONFRONT THE SOURCE OF MY BITTERNESS, HOW CAN I DO SO IN A HEALTHY AND

— CONSTRUCTIVE WAY?

— AM I USING MY BITTERNESS AS AN EXCUSE TO NOT TAKE RESPONSIBILITY FOR MY OWN ACTIONS?

— WHAT IF I PRACTICED FORGIVENESS EVERY DAY, HOW WOULD MY LIFE CHANGE?

— IF I CONTINUE TO HOLD ONTO MY BITTERNESS, HOW WILL IT AFFECT MY RELATIONSHIPS WITH OTHERS?

— HAS MY BITTERNESS CAUSED ME TO BECOME MORE CLOSED OFF OR DISTANT FROM OTHERS?

— WHAT IF I REPLACE BITTERNESS WITH FORGIVENESS, ACCEPTANCE, AND SELF-COMPASSION?

— IF I COULD LEARN ONE LESSON FROM MY BITTERNESS, WHAT WOULD IT BE?

— HOW CAN I REFRAME MY PERSPECTIVE AND FIND MEANING AND LESSONS IN MY EXPERIENCES INSTEAD OF

— BITTERNESS?

Emotional Processing Journal

Emotional Processing Journal · question bank

COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY BITTERNESS

— HAS MY BITTERNESS AFFECTED MY PHYSICAL HEALTH IN ANY WAY?

— AM I WILLING TO TAKE STEPS TOWARDS HEALING MY BITTERNESS, EVEN IF IT IS DIFFICULT?

— HAS AN EVENT TRIGGERED MY BITTERNESS, OR IS IT A RESULT OF UNMET EXPECTATIONS AND UNFULFILLED

— DESIRES?

— AM I WILLING TO LET GO OF MY BITTERNESS EVEN IF I DON'T RECEIVE AN APOLOGY FROM THE PERSON WHO

— CAUSED IT?

— WHAT IF I TRIED TO APPROACH THE PERSON WHO CAUSED MY BITTERNESS WITH EMPATHY AND

— UNDERSTANDING?

— AM I WILLING TO EXAMINE THE BELIEFS AND THOUGHT PATTERNS THAT CONTRIBUTE TO MY FEELINGS OF

— BITTERNESS?

— HAS MY BITTERNESS CAUSED ME TO BECOME MORE JUDGMENTAL OR CRITICAL OF OTHERS?

— WHAT IF I TOOK STEPS TOWARDS FORGIVENESS EVEN IF I DIDN'T FEEL READY TO FULLY FORGIVE?

— IS MY BITTERNESS BASED ON A PERCEIVED INJUSTICE, BETRAYAL, OR FEELING OF BEING TREATED UNFAIRLY?

— AM I WILLING TO TAKE RESPONSIBILITY FOR MY OWN ROLE IN THE SITUATION THAT CAUSED MY BITTERNESS?

— WHAT IF I TRIED TO SEE THE SITUATION THAT CAUSED MY BITTERNESS AS A TEMPORARY SETBACK INSTEAD OF

— A PERMANENT OBSTACLE?

— IF I CONTINUE TO HOLD ONTO MY BITTERNESS, HOW WILL IT AFFECT MY ABILITY TO TRUST OTHERS?

— HAS MY BITTERNESS CAUSED ME TO BECOME MORE CYNICAL OR PESSIMISTIC?

— WHAT IF I FOCUSED ON MY OWN GROWTH AND SELF-IMPROVEMENT INSTEAD OF DWELLING ON MY

— BITTERNESS?

— IF I COULD CHOOSE ONE POSITIVE ACTION TO TAKE TOWARDS HEALING MY BITTERNESS, WHAT WOULD IT BE?

— IS MY BITTERNESS DIRECTED TOWARDS A SPECIFIC PERSON OR SITUATION, OR IS IT MORE GENERALIZED?

— WHAT IF I SAW MY BITTERNESS AS AN OPPORTUNITY TO LEARN MORE ABOUT MYSELF AND MY VALUES?

— IF I CONTINUE TO HOLD ONTO MY BITTERNESS, HOW WILL IT AFFECT MY OVERALL WELL-BEING AND HAPPINESS?

— IS MY BITTERNESS SERVING A PURPOSE IN MY LIFE, OR IS IT HINDERING MY PERSONAL GROWTH?

BACK TO MENU 06 JEALOUSY

Emotional Processing Journal · reference list

QUICK-REFERENCE LIBRARY

- BACK TO MENU
- 06 JEALOUSY Jealousy, an emotion that often simmers within the human heart, can be described as a potent cocktail of envy, insecurity, and possessiveness. It arises when one perceives a threat to their valued relationships
- an insidious intensity, ready to pounce upon any perceived threat to what we hold dear. Like a voracious beast, jealousy consumes our thoughts, distorting our perception of reality and breeding mistrust. It can poison relationships, erode self-esteem, and foster a constant sense of unease. Essentially, jealousy stems from a fear of loss, a fear of being replaced or deemed less worthy. It is often born out of a deep-seated sense of insecurity or a need for validation and reassurance. While jealousy can serve as a signal of the importance we place on our relationships, it can also become a destructive force if left unchecked. Understanding the roots of jealousy and developing healthy coping mechanisms are
- such as anger, fear, and sadness. Jealousy can be seen as a greeneyed monster lurking in the shadows of our minds. It lurks with

crucial

Emotional Processing Journal · reference list

QUICK-REFERENCE LIBRARY

- crucial
- maintaining harmonious relationships and
- for
- cultivating personal growth.

Emotional Processing Journal · information

What stands out?

NORA MARKARIAN, LMHC-D, NCC 30 / 74

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Emotional Processing Journal · question bank

COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY JEALOUSY

— AM I FEELING JEALOUS BECAUSE I FEEL INSECURE?

— WHAT IF I LET GO OF MY JEALOUSY AND FOCUSED ON GRATITUDE?

— IF I COULD TALK TO THE PERSON I'M JEALOUS OF, WHAT WOULD I SAY?

— HAS AN EVENT TRIGGERED MY JEALOUSY OR IS IT A PATTERN OF THINKING?

— IS MY JEALOUSY ROOTED IN A FEAR OF ABANDONMENT OR LOSS?

— IMAGINE A LIFE WHERE JEALOUSY DOESN'T CONTROL MY THOUGHTS AND ACTIONS, WHAT WOULD THAT LOOK

— LIKE?

— HOW CAN I USE MY JEALOUSY AS AN OPPORTUNITY FOR PERSONAL GROWTH?

— AM I COMPARING MYSELF TO OTHERS AND FEELING INADEQUATE?

— WHAT IF I SAW THE SUCCESS OF OTHERS AS INSPIRATION RATHER THAN A THREAT?

— IF I COULD TRADE MY JEALOUSY FOR A POSITIVE EMOTION, WHAT WOULD IT BE?

— HAS AN EXPERIENCE IN MY PAST CONTRIBUTED TO MY CURRENT FEELINGS OF JEALOUSY?

— IS MY JEALOUSY CAUSING ME TO ACT IN WAYS THAT DON'T ALIGN WITH MY VALUES?

— IMAGINE IF THE PERSON I'M JEALOUS OF WASN'T IN MY LIFE, WOULD MY JEALOUSY DISSIPATE OR WOULD IT

— BE DIRECTED TOWARDS SOMEONE ELSE?

— HOW CAN I ACKNOWLEDGE AND VALIDATE MY FEELINGS OF JEALOUSY WITHOUT LETTING THEM CONTROL ME?

— AM I ASSUMING THE WORST ABOUT THE SITUATION AND THE PEOPLE INVOLVED?

— WHAT IF I FOCUSED ON MY OWN STRENGTHS AND SUCCESSES INSTEAD OF COMPARING MYSELF TO OTHERS?

— IF I COULD STEP INTO THE SHOES OF THE PERSON I'M JEALOUS OF, WHAT WOULD I SEE?

— WHAT IF I EXPLORE THE UNDERLYING INSECURITIES THAT FUEL MY JEALOUSY?

— IS MY JEALOUSY A RESULT OF FEELING UNFULFILLED IN MY OWN LIFE?

— IMAGINE A LIFE WHERE I WAS CONFIDENT AND SECURE IN MYSELF, WOULD I STILL FEEL JEALOUS?

— HOW CAN I USE MY JEALOUSY TO IDENTIFY WHAT I TRULY WANT AND NEED IN MY LIFE?

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Emotional Processing Journal · question bank

COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU	— HAS MY JEALOUSY CAUSED ME TO MISS OUT ON OPPORTUNITIES FOR CONNECTION AND GROWTH?
— QUESTIONING MY JEALOUSY	— HOW CAN I DEVELOP A HEALTHIER MINDSET BY RECOGNIZING AND CHALLENGING JEALOUSY-INDUCING
— AM I FEELING JEALOUS BECAUSE I DON'T TRUST THE PEOPLE INVOLVED?	— THOUGHTS?
— WHAT IF I COMMUNICATED MY FEELINGS OF JEALOUSY IN A HEALTHY AND PRODUCTIVE WAY?	— IMAGINE IF I SAW THE PERSON I'M JEALOUS OF AS A TEACHER OR MENTOR, WHAT COULD I LEARN FROM
— IF I CONTINUE TO HOLD ONTO JEALOUSY, HOW WILL IT AFFECT MY ABILITY TO FORM AUTHENTIC CONNECTIONS?	— THEM?
— HAS MY JEALOUSY CAUSED ME TO PUSH PEOPLE AWAY OR DAMAGE RELATIONSHIPS?	— HOW CAN I SHIFT MY FOCUS FROM WHAT OTHERS HAVE TO WHAT I'M GRATEFUL FOR IN MY OWN LIFE?
— IS MY JEALOUSY ROOTED IN A FEAR OF NOT BEING GOOD ENOUGH?	— AM I FEELING JEALOUS BECAUSE I'M NOT CLEAR ON MY OWN GOALS AND DESIRES?
— IMAGINE IF THE TABLES WERE TURNED AND I WAS THE ONE BEING ENVIED, HOW WOULD I WANT TO BE	— AM I WILLING TO LET GO OF THE NEED TO CONTROL OR POSSESS WHAT OTHERS HAVE, RECOGNIZING THAT
— TREATED?	— EVERYONE'S JOURNEY IS DIFFERENT?
— HOW CAN I FOCUS ON SELF-CARE AND SELF-LOVE TO COMBAT FEELINGS OF JEALOUSY?	— IMAGINE IF I CELEBRATED OTHERS' SUCCESSES INSTEAD OF FEELING JEALOUS, HOW WOULD IT CHANGE MY
— AM I SEEKING EXTERNAL VALIDATION TO FILL AN INTERNAL VOID?	— PERSPECTIVE?
— WHAT IF I SAW THE WORLD AS AN ABUNDANT PLACE WHERE THERE'S ENOUGH SUCCESS AND HAPPINESS FOR	— IF I LET GO OF JEALOUSY, DOES IT MEAN I'M GIVING UP ON MY OWN ASPIRATIONS?
— EVERYONE?	— IS MY JEALOUSY ROOTED IN A BELIEF THAT THERE'S NOT ENOUGH LOVE, SUCCESS OR HAPPINESS TO GO
— IF I COULD EXPRESS MY JEALOUSY WITHOUT BLAMING OR ATTACKING OTHERS, WHAT WOULD I SAY?	— AROUND?

BACK TO MENU 07 RESENTMENT

Emotional Processing Journal · reference list

QUICK-REFERENCE LIBRARY

- BACK TO MENU
- weighing us down and distorting
- 07 RESENTMENT Resentment, a complex and lingering emotion, can be described as a simmering bitterness or
- our perception of the world. Fundamentally, resentment often stems from unmet expectations, unaddressed grievances, or a sense
- indignation towards someone or something perceived as unjust or unfair. It arises when we feel wronged or treated poorly, often
- of injustice. It can arise from a perceived imbalance of power,
- leading to a deep-seated grudge or a persistent feeling of anger and dissatisfaction. Resentment can
- betrayal, or unresolved conflicts. Resentment can be a defense mechanism, a way to protect
- take root within us, poisoning our thoughts and relationships, and hindering our ability to move
- ourselves from further harm. However, if left unchecked, it can erode relationships, breed hostility,
- forward. Resentment is like a smoldering ember within our hearts. It smolders quietly, fueling our discontent and intensifying with
- and prevent personal growth. Understanding and navigating resentment is crucial for fostering emotional well-being, forgiveness,
- every perceived injustice. Just as an ember can ignite a fire, resentment can spark a blaze of negative
- and finding a path towards healing
- emotions, consuming our peace of mind and creating a barrier between ourselves and others. It can be a burden we carry,
- and resolution.

BACK TO MENU "RESENTMENT IS A FIRE

Emotional Processing Journal · reference list

QUICK-REFERENCE LIBRARY

- BACK TO MENU
- CONSUMING THE
- "RESENTMENT IS A FIRE
- VESSEL THAT HOLDS IT."
- THAT BURNS WITH THE
- - STEVE MARABOLI
- FUEL OF ANGER,

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COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY RESENTMENT

— AM I HOLDING ONTO RESENTMENT TOWARDS SOMEONE?

— WHAT IF I LET GO OF MY RESENTMENT, HOW WOULD MY LIFE BE DIFFERENT?

— AM I ALLOWING RESENTMENT TO CONTROL MY THOUGHTS AND ACTIONS?

— HAS AN EVENT TRIGGERED MY FEELINGS OF RESENTMENT, OR IS IT A LONG-STANDING PATTERN?

— IS MY RESENTMENT BASED ON A SPECIFIC INCIDENT, OR IS IT A RESULT OF ACCUMULATED DISAPPOINTMENTS?

— IMAGINE IF I WERE ABLE TO FORGIVE THE PERSON WHO CAUSED ME TO FEEL RESENTFUL, HOW WOULD I FEEL?

— HOW CAN I WORK TOWARDS FORGIVING SOMEONE WHO HAS CAUSED ME TO FEEL RESENTMENT?

— AM I WILLING TO LET GO OF MY RESENTMENT TOWARDS THIS PERSON?

— WHAT IF I CONFRONTED THE PERSON WHO CAUSED ME TO FEEL RESENTFUL, HOW WOULD THAT AFFECT OUR

— RELATIONSHIP?

— IF I CONTINUE TO HOLD ONTO RESENTMENT, HOW WILL IT AFFECT MY CURRENT AND FUTURE RELATIONSHIPS?

— HAS MY RESENTMENT CAUSED ME TO ACT IN WAYS THAT ARE NOT IN ALIGNMENT WITH MY VALUES?

— HOW CAN I ADDRESS MY FEELINGS OF RESENTMENT IN A HEALTHY WAY?

— WHAT IF I SHIFT MY FOCUS FROM BLAME TO TAKING RESPONSIBILITY FOR MY OWN EMOTIONS AND ACTIONS?

— WHAT IF I VIEWED THE SITUATION THAT CAUSED MY RESENTMENT FROM A DIFFERENT PERSPECTIVE?

— IF I WERE TO FORGIVE THE PERSON WHO CAUSED ME TO FEEL RESENTFUL, WHAT BOUNDARIES WOULD I NEED TO

— SET TO ENSURE IT DOESN'T HAPPEN AGAIN?

— HAS MY RESENTMENT CAUSED ME TO MISS OUT ON POSITIVE EXPERIENCES IN LIFE?

— IS IT POSSIBLE FOR ME TO LET GO OF MY RESENTMENT WITHOUT NECESSARILY FORGIVING THE PERSON WHO

— CAUSED IT?

— IMAGINE IF I WERE ABLE TO TRANSFORM MY RESENTMENT INTO COMPASSION, HOW WOULD THAT AFFECT ME

— AND OTHERS AROUND ME?

— HOW CAN I RELEASE MY RESENTMENT IN A WAY THAT FEELS AUTHENTIC TO ME?

— AM I WILLING TO TAKE RESPONSIBILITY FOR MY ROLE IN THE SITUATION THAT CAUSED ME TO FEEL RESENTFUL?

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Emotional Processing Journal · question bank

COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY RESENTMENT

— WHAT IF I PRACTICED EMPATHY TOWARDS THE PERSON WHO CAUSED ME TO FEEL RESENTFUL, HOW WOULD

— THAT CHANGE MY PERSPECTIVE?

— HAS MY RESENTMENT CAUSED ME TO BECOME STUCK IN A NEGATIVE MINDSET?

— WHAT IF I RELEASE THE BURDEN OF RESENTMENT AND FREE MYSELF FROM ITS GRIP?

— IS MY RESENTMENT BASED ON A SENSE OF BETRAYAL, UNFAIRNESS, OR FEELING OF BEING WRONGED?

— IMAGINE IF I WERE ABLE TO FIND MEANING IN THE SITUATION THAT CAUSED ME TO FEEL RESENTFUL, HOW

— WOULD THAT AFFECT ME?

— HOW CAN I REFRAME MY RESENTMENT INTO AN OPPORTUNITY FOR PERSONAL GROWTH AND HEALING?

— AM I WILLING TO LET GO OF MY DESIRE FOR REVENGE TOWARDS THE ONE WHO CAUSED ME TO FEEL RESENTFUL?

— WHAT IF I FOCUSED ON FORGIVENESS AS A WAY TO HEAL MYSELF, RATHER THAN A WAY TO ABSOLVE THE PERSON

— WHO CAUSED MY RESENTMENT?

— IF I CONTINUE TO HOLD ONTO RESENTMENT, HOW WILL IT AFFECT MY ABILITY TO MOVE FORWARD IN LIFE?

— HAS MY RESENTMENT CAUSED ME TO LOSE SIGHT OF WHAT'S TRULY IMPORTANT TO ME?

— AM I WILLING TO ACKNOWLEDGE AND PROCESS THE PAIN AND HURT THAT UNDERLIE MY FEELINGS OF

— RESENTMENT?

— IMAGINE IF I WERE ABLE TO USE MY RESENTMENT AS FUEL FOR POSITIVE CHANGE, HOW WOULD THAT AFFECT

— ME AND OTHERS AROUND ME?

— HOW CAN I COMMUNICATE MY FEELINGS OF RESENTMENT IN A WAY THAT FEELS SAFE AND PRODUCTIVE?

— AM I WILLING TO CONSIDER THE OTHER PERSON'S PERSPECTIVE IN THE SITUATION THAT CAUSED MY

— RESENTMENT?

— WHAT IF I CHOOSE TO FORGIVE AND RELEASE RESENTMENT, NOT FOR OTHERS BUT FOR MY OWN INNER PEACE

— AND HAPPINESS?

— IF I CONTINUE TO HOLD ONTO RESENTMENT, HOW WILL IT AFFECT MY ABILITY TO TRUST OTHERS?

— HAS MY RESENTMENT CAUSED ME TO BECOME BITTER OR CYNICAL?

— WHAT WOULD HAPPEN IF I EXPRESSED MY RESENTMENT TO THIS PERSON?

— HOW CAN I MOVE PAST THE RESENTMENT I FEEL TOWARDS THIS PERSON?

BACK TO MENU DISAPPOINTMENT

Emotional Processing Journal · reference list

QUICK-REFERENCE LIBRARY

- BACK TO MENU
- void of its vibrant energy. Just as a deflated balloon loses its buoyancy and shape, disappointment deflates
- DISAPPOINTMENT Disappointment, a poignant and familiar emotion, can be described as a deep sense of sadness or
- our optimism and robs us of the
- dissatisfaction that arises when our expectations are not met. It is the feeling of letdown when reality falls
- enthusiasm we once held. The burst of disappointment can feel like a sudden loss of air, leaving us feeling deflated and
- short of our hopes and dreams. Disappointment can stem from various sources, such as unfulfilled
- disheartened. Primarily, disappointment reflects the disparity between our desires and reality. It can be a natural
- goals,
- response to unmet expectations or unforeseen circumstances. While disappointment can evoke feelings of sadness and frustration, it also
- failed
- presents an opportunity for growth and resilience. Getting around
- aspirations,
- disappointment
- or shattered ideals. It has the power to dampen our spirits, dim our enthusiasm, and leave us grappling
- requires acknowledging our emotions, reassessing our expectations, and seeking alternative paths to find
- with a sense of loss. Disappointment can be compared to a deflated balloon, once filled with anticipation and excitement, now
- renewed hope and purpose. It is

through resilience and adaptability

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QUICK-REFERENCE LIBRARY

- through resilience and adaptability
- transform disappointment into a catalyst for personal growth and eventual
- that
- fulfillment.
- can

BACK TO MENU "DISAPPOINTMENT TO A

Emotional Processing Journal · reference list

QUICK-REFERENCE LIBRARY

- BACK TO MENU
- STRENGTHENS,
- "DISAPPOINTMENT TO A
- TEMPERS, INTENSIFIES,
- NOBLE SOUL IS WHAT
- BUT NEVER DESTROYS."
- COLD WATER IS TO
- - ELIZA TABOR
- BURNING METAL; IT

Emotional Processing Journal

Emotional Processing Journal · question bank

COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY

— DISAPPOINTMENT

— AM I ALLOWING MY DISAPPOINTMENT TO CONTROL MY ACTIONS?

— AM I ALLOWING DISAPPOINTMENT TO OVERSHADOW THE POSITIVE ASPECTS OF MY LIFE?

— IF I LOOK AT THE SITUATION DIFFERENTLY, CAN I FIND SOMETHING POSITIVE TO FOCUS ON?

— HAS AN EVENT CAUSED MY DISAPPOINTMENT, OR IS IT COMING FROM MY EXPECTATIONS?

— IS MY DISAPPOINTMENT BASED ON SOMETHING THAT IS WITHIN MY CONTROL?

— IMAGINE IF I WERE TO LET GO OF MY DISAPPOINTMENT, HOW WOULD I FEEL?

— HOW CAN I PROCESS AND ACCEPT DISAPPOINTMENT WHILE STILL MAINTAINING HOPE AND OPTIMISM?

— IF I EXPRESS MY DISAPPOINTMENT TO SOMEONE, WILL IT HELP OR HURT THE SITUATION?

— AM I TAKING RESPONSIBILITY FOR MY OWN DISAPPOINTMENT OR BLAMING OTHERS?

— IMAGINE A LIFE WHERE DISAPPOINTMENT IS EMBRACED AS A NATURAL PART OF THE HUMAN EXPERIENCE.

— HOW WOULD IT CHANGE MY PERSPECTIVE?

— IF I COULD GO BACK IN TIME, HOW WOULD I HANDLE THIS SITUATION DIFFERENTLY TO AVOID DISAPPOINTMENT?

— HAS MY DISAPPOINTMENT MADE ME LOSE SIGHT OF MY VALUES AND PRIORITIES?

— IS MY DISAPPOINTMENT CAUSING ME TO MISS OUT ON OTHER OPPORTUNITIES?

— IMAGINE IF I WERE ABLE TO FORGIVE THE PERSON WHO CAUSED MY DISAPPOINTMENT, HOW WOULD I FEEL?

— HOW CAN I COMMUNICATE MY DISAPPOINTMENT IN A CONSTRUCTIVE WAY?

— WHAT IF I GIVE MYSELF PERMISSION TO FEEL DISAPPOINTED, BUT NOT DWELL ON IT?

— IF I CAN'T CHANGE THE SITUATION THAT CAUSED MY DISAPPOINTMENT, WHAT CAN I CHANGE ABOUT MY

— REACTION TO IT?

— HAS MY DISAPPOINTMENT TRIGGERED ANY UNHEALTHY COPING MECHANISMS OR BEHAVIORS?

— HOW CAN I REFRAME MY DISAPPOINTMENT AS A TEMPORARY SETBACK RATHER THAN A PERMANENT FAILURE?

— AM I TAKING CARE OF MYSELF EMOTIONALLY AND PHYSICALLY IN THE MIDST OF MY DISAPPOINTMENT?

— IF I CAN'T FIND A SOLUTION TO MY DISAPPOINTMENT, HOW CAN I STILL FIND MEANING AND PURPOSE IN THE

— EXPERIENCE?

Emotional Processing Journal

Emotional Processing Journal · question bank

COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY

— DISAPPOINTMENT

— WHAT IF I FOCUS ON WHAT I CAN LEARN FROM THIS DISAPPOINTMENT?

— IF I CAN'T FIND A SOLUTION TO MY DISAPPOINTMENT, HOW CAN I STILL FIND PEACE?

— HAS MY DISAPPOINTMENT CAUSED ME TO REEVALUATE MY GOALS AND EXPECTATIONS?

— IMAGINE IF I WERE ABLE TO FIND COMPASSION FOR THE PERSON WHO CAUSED MY DISAPPOINTMENT, HOW

— WOULD I FEEL?

— HOW CAN I USE MY DISAPPOINTMENT AS MOTIVATION TO STRIVE FOR SOMETHING BETTER?

— IS MY DISAPPOINTMENT ROOTED IN EXTERNAL VALIDATION OR INTERNAL EXPECTATIONS?

— IF I TAKE A STEP BACK AND OBSERVE MY DISAPPOINTMENT FROM A DISTANCE, DOES IT CHANGE HOW I FEEL?

— HAS MY DISAPPOINTMENT CAUSED ME TO LOSE TRUST IN OTHERS OR IN MYSELF?

— HOW CAN I REFRAME MY PERSPECTIVE AND FIND LESSONS AND SILVER LININGS IN MOMENTS OF

— DISAPPOINTMENT?

— WHAT IF I USE MY DISAPPOINTMENT AS AN OPPORTUNITY TO PRACTICE RESILIENCE?

— IF I CONFRONT THE PERSON WHO CAUSED MY DISAPPOINTMENT, HOW CAN I DO SO IN A WAY THAT IS

— ASSERTIVE BUT NOT AGGRESSIVE?

— HAS MY DISAPPOINTMENT CAUSED ME TO BECOME BITTER OR RESENTFUL?

— HOW CAN I FIND BALANCE BETWEEN PROCESSING MY DISAPPOINTMENT AND NOT DWELLING ON IT?

— IS MY DISAPPOINTMENT A RESULT OF COMPARING MYSELF TO OTHERS OR SOCIETAL STANDARDS?

— IS MY DISAPPOINTMENT FOCUSED ON A SPECIFIC OUTCOME OR A BROADER SENSE OF UNFULFILLMENT?

— HAS MY DISAPPOINTMENT CAUSED ME TO LOSE SIGHT OF MY STRENGTHS AND ABILITIES?

— IMAGINE IF I WERE TO RELEASE MY ATTACHMENT TO THE OUTCOME THAT CAUSED MY DISAPPOINTMENT, HOW

— WOULD I FEEL?

— AM I WILLING TO PRACTICE SELF-COMPASSION AND ACKNOWLEDGE THAT DISAPPOINTMENT IS A NORMAL PART

— OF LIFE?

— WHAT IF I FOCUS ON THE PROCESS AND JOURNEY RATHER THAN SOLELY ON THE DESIRED OUTCOME, FINDING JOY

— IN THE SMALL VICTORIES ALONG THE WAY?

BACK TO MENU 09 ANGER

Emotional Processing Journal · reference list

QUICK-REFERENCE LIBRARY

- BACK TO MENU
- 09 ANGER Anger, a powerful and primal emotion, can be described as a fiery surge of intense energy that
- courses through our veins. It is an emotional response that arises when we feel threatened, wronged,
- or frustrated. Anger can manifest in various degrees, from mild irritation to explosive rage, and it
- often accompanies a sense of injustice or violation. Like a blazing inferno, anger can be both destructive and transformative,
- capable of fueling action or engulfing us in its destructive
- flames. Anger resembles a volcano on the brink of eruption. Just as a volcano builds up pressure over time,
- anger simmers within us, waiting for the right trigger to unleash its fury. When the volcano erupts, it
- spews molten lava, leaving a trail of destruction in its wake. Similarly,
- anger
- can
- explode
- forth, unleashing a torrent of intense emotions and potentially causing harm to ourselves and those around us if not managed
- carefully. In essence, anger is often a response to perceived threats or violations of our boundaries. It can
- be an expression of our instinctual fight-or-flight response, gearing us up to confront or defend ourselves. While anger can be a
- natural and valid emotional response, it is crucial to channel and express it in constructive ways, recognizing its underlying

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- message and seeking resolution rather than allowing it to consume us. Understanding the roots of our
- change and personal growth.

- anger and developing healthy coping mechanisms is key to harnessing its energy for positive

BACK TO MENU "ANGER, IF NOT

Emotional Processing Journal · reference list

QUICK-REFERENCE LIBRARY

- BACK TO MENU
- THE INJURY THAT

- "ANGER, IF NOT
- PROVOKES IT."

- RESTRAINED, IS
- LUCIUS ANNAEUS

- FREQUENTLY MORE
- SENECA

- HURTFUL TO US THAN

Emotional Processing Journal

Emotional Processing Journal · question bank

COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY ANGER

— HOW DO I USUALLY REACT WHEN I FEEL ANGRY?

— AM I AWARE OF MY TRIGGERS FOR ANGER?

— WHAT IF I COULD CHANNEL MY ANGER INTO SOMETHING PRODUCTIVE?

— IF I COULD GO BACK IN TIME, HOW WOULD I HANDLE A PAST SITUATION THAT MADE ME ANGRY?

— IS MY ANGER ALWAYS JUSTIFIED?

— IMAGINE IF I COULD CONTROL MY ANGER IN A HEALTHY WAY, HOW WOULD MY LIFE BE DIFFERENT?

— HOW DO I FEEL PHYSICALLY WHEN I'M ANGRY?

— WHAT IF I EXPRESSED MY ANGER IN A DIFFERENT WAY?

— HOW DO I FEEL ABOUT MYSELF WHEN I'M ANGRY?

— HAS AN EVENT FROM MY PAST CONTRIBUTED TO MY TENDENCY TO GET ANGRY?

— IS MY ANGER A RESULT OF UNMET EXPECTATIONS OR FEELING DISRESPECTED?

— IF I HOLD ONTO ANGER, HOW WILL IT IMPACT MY ABILITY TO TRUST AND FORM MEANINGFUL CONNECTIONS?

— AM I ABLE TO RECOGNIZE THE SIGNS THAT I'M BECOMING ANGRY?

— HOW DO I USUALLY HANDLE CONFLICTS THAT MAKE ME ANGRY?

— WHAT IF I TRIED TO SEE THINGS FROM THE OTHER PERSON'S PERSPECTIVE WHEN I'M ANGRY?

— HOW CAN I LEARN TO LET GO OF MY ANGER AND FORGIVE?

— WHAT IF I ALLOWED MYSELF TO FEEL MY ANGER WITHOUT REACTING TO IT?

— IMAGINE IF I COULD TURN MY ANGER INTO COMPASSION, HOW WOULD MY INTERACTIONS WITH OTHERS

— CHANGE?

— HOW CAN I PREVENT MY ANGER FROM ESCALATING INTO RAGE?

— WHEN I EXPERIENCE ANGER, HOW CAN I PRACTICE ACTIVE LISTENING AND SEEK TO UNDERSTAND THE

— PERSPECTIVES AND EMOTIONS OF OTHERS INVOLVED?

Emotional Processing Journal

Emotional Processing Journal · question bank

COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY ANGER

— AM I USING MY ANGER TO MASK OTHER EMOTIONS?

— HOW CAN I USE MINDFULNESS TO MANAGE MY ANGER?

— HAS AN EVENT TRIGGERED MY ANGER THAT IS OUTSIDE OF MY CONTROL?

— WHAT IF I COULD IDENTIFY THE ROOT CAUSE OF MY ANGER?

— HOW CAN I PRACTICE MINDFULNESS AND SELF-AWARENESS TO RECOGNIZE AND MANAGE MY ANGER

— TRIGGERS?

— HOW CAN I EXPRESS MY ANGER WITHOUT HURTING OTHERS?

— IMAGINE IF I COULD TURN MY ANGER INTO MOTIVATION, HOW WOULD THAT CHANGE MY LIFE?

— WHAT IF I TRIED TO FIND COMMON GROUND WITH THE PERSON OR SITUATION THAT IS MAKING ME ANGRY?

— IS MY ANGER A RESPONSE TO PERCEIVED INJUSTICES OR VIOLATIONS OF MY BOUNDARIES?

— AM I ABLE TO RECOGNIZE WHEN MY ANGER IS UNJUSTIFIED?

— HAS AN EVENT FROM MY CHILDHOOD CONTRIBUTED TO MY DIFFICULTY MANAGING ANGER?

— WHAT IF I COULD EXPRESS MY ANGER ASSERTIVELY INSTEAD OF AGGRESSIVELY?

— IF I COULD TALK TO SOMEONE WHO HAS HURT ME, WHAT WOULD I SAY?

— HOW CAN I LEARN TO CONTROL MY PHYSICAL RESPONSES TO ANGER, SUCH AS SHAKING OR SWEATING?

— IMAGINE IF I COULD TURN MY ANGER INTO A CREATIVE OUTLET, HOW WOULD THAT BENEFIT ME?

— WHAT IF I COULD TAKE A STEP BACK FROM THE SITUATION AND ASSESS IT OBJECTIVELY BEFORE REACTING IN

— ANGER?

— HOW CAN I PRACTICE SELF-CARE WHEN I'M FEELING ANGRY?

— WHAT IF I CHOOSE TO RESPOND TO ANGER WITH GRACE AND COMPOSURE, RATHER THAN REACTING

— IMPULSIVELY?

— WHAT IF I VIEWED MY ANGER AS A TEMPORARY EMOTION RATHER THAN A PERMANENT STATE?

— IF I CHOOSE TO ADDRESS MY ANGER, HOW CAN I CREATE A SAFE AND SUPPORTIVE ENVIRONMENT TO EXPRESS

— MY FEELINGS AND WORK TOWARDS RESOLUTION?

BACK TO MENU 10 SADNESS

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QUICK-REFERENCE LIBRARY

- BACK TO MENU
- gentle rain, sadness reminds us of our vulnerability and connects us to the shared tapestry of human
- 10 SADNESS Sadness, a universal and profound emotion, can be described as a deep and poignant ache within the
- emotions. Basically, sadness is a natural response to the inevitable ups and downs of life. It serves as a
- heart. It is an emotional state that arises when we experience loss, disappointment, or a sense of longing. Sadness envelops us like a
- reminder of our capacity for empathy and the depth of our emotional connections. Sadness beckons us to acknowledge and
- heavy, dark cloud, casting a shadow over our spirit and dimming the light of our inner world. It is an invitation to delve
- honor our losses, to mourn the passing of what was, and to make
- into the depths of our emotions and explore the profound aspects
- space for healing and renewal. Through embracing sadness, we can embark on a journey of selfreflection, growth, and ultimately,
- of our human experience. Sadness mirrors a gentle rain shower on a melancholic day. Just as raindrops fall from the sky,
- the emergence of resilience and
- sadness trickles down, washing over our being and nourishing the seeds of empathy and compassion within us. It has the power to
- renewed joy.
- cleanse our emotional landscape, allowing us to release pent-up feelings and find solace in the healing touch of tears. Like a

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How might this inform one next step?

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COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY SADNESS

— HOW CAN I EXPRESS MY SADNESS IN A HEALTHY WAY?

— WHAT IF I ALLOW MYSELF TO FULLY EXPERIENCE AND ACKNOWLEDGE MY SADNESS, WITHOUT JUDGMENT OR

— RESISTANCE?

— IF I COULD CHANGE ONE THING TO FEEL BETTER RIGHT NOW, WHAT WOULD IT BE?

— HAS AN EVENT TRIGGERED MY FEELINGS OF SADNESS, OR IS IT A RECURRING EMOTION IN MY LIFE?

— IS MY SADNESS CONNECTED TO ANY UNFULFILLED NEEDS?

— IMAGINE IF I COULD FULLY UNDERSTAND AND ACCEPT MY SADNESS, HOW WOULD THAT FEEL?

— HOW CAN I FIND COMFORT IN MY SADNESS WITHOUT AVOIDING IT?

— AM I WILLING TO ALLOW MYSELF TO GRIEVE AND MOURN, KNOWING THAT IT IS A NECESSARY PART OF THE

— HEALING PROCESS?

— WHAT IF I VIEWED MY SADNESS AS AN OPPORTUNITY FOR GROWTH AND SELF-REFLECTION?

— IF I COULD TALK TO SOMEONE ABOUT MY SADNESS, WHO WOULD IT BE?

— WHAT IF I REPLACE SELF-JUDGMENT AND RESISTANCE WITH SELF-ACCEPTANCE AND PATIENCE DURING PERIODS

— OF SADNESS?

— HOW CAN I REMIND MYSELF THAT SADNESS IS A NATURAL AND TEMPORARY EMOTION?

— WHAT IF I COULD FIND MEANING IN MY SADNESS?

— IF I COULD CHOOSE A POSITIVE COPING STRATEGY TO DEAL WITH MY SADNESS, WHAT WOULD IT BE?

— IS MY SADNESS A RESULT OF UNREALISTIC EXPECTATIONS OR COMPARISONS?

— IMAGINE IF I ALLOWED MYSELF TO BE VULNERABLE AND SHARE MY SADNESS, WHAT COULD I GAIN?

— HOW CAN I BE KIND TO MYSELF WHILE EXPERIENCING SADNESS?

— AM I WILLING TO LET GO OF THE PAST AND FOCUS ON CREATING A MORE HOPEFUL AND FULFILLING PRESENT AND

— FUTURE?

— IF I COULD FIND ONE POSITIVE ASPECT OF MY SADNESS, WHAT WOULD IT BE?

— WHAT IF I SHIFT MY FOCUS FROM TRYING TO AVOID OR SUPPRESS SADNESS TO LEARNING FROM IT AND GROWING

— STRONGER?

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Emotional Processing Journal · question bank

COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY SADNESS

— HOW CAN I REFRAME MY PERSPECTIVE AND FIND BEAUTY AND GROWTH EVEN IN MOMENTS OF SADNESS?

— IF I COULD CREATE A SELF-CARE ROUTINE TO MANAGE MY SADNESS, WHAT WOULD IT LOOK LIKE?

— HAS MY SADNESS AFFECTED MY RELATIONSHIPS WITH OTHERS?

— HOW CAN I SHOW COMPASSION TOWARDS MYSELF AND MY SADNESS?

— IS MY SADNESS A RESULT OF EXTERNAL CIRCUMSTANCES, OR IS IT A REFLECTION OF MY INNER EMOTIONAL STATE?

— IF I COULD DO ONE THING TO SHOW MYSELF LOVE AND KINDNESS WHILE EXPERIENCING SADNESS, WHAT

— WOULD IT BE?

— HAS MY SADNESS TRIGGERED ANY PAST UNRESOLVED EMOTIONS OR TRAUMAS?

— IS MY SADNESS ROOTED IN A SENSE OF LOSS, LONELINESS, OR FEELING DISCONNECTED FROM OTHERS?

— WHAT IF I COULD FIND ACCEPTANCE AND PEACE IN MY SADNESS?

— IF I COULD FIND THE COURAGE TO FACE MY SADNESS HEAD-ON, WHAT COULD I GAIN?

— AM I OPEN TO EXPLORING THE UNDERLYING CAUSES AND TRIGGERS OF MY SADNESS, EVEN IF THEY MAY BE

— UNCOMFORTABLE OR DIFFICULT TO CONFRONT?

— HOW CAN I VALIDATE AND ACKNOWLEDGE MY SADNESS WITHOUT LETTING IT CONSUME ME?

— HOW CAN I FIND HEALTHY OUTLETS FOR EXPRESSING AND RELEASING SADNESS, SUCH AS THROUGH CREATIVE

— EXPRESSION OR SEEKING SOLACE IN NATURE?

— WHAT IF I VIEW SADNESS AS A CATALYST FOR SELF-REFLECTION AND INTROSPECTION, LEADING TO DEEPER

— UNDERSTANDING OF MYSELF AND OTHERS?

— IS MY SADNESS A RESULT OF A TEMPORARY SETBACK OR A LONG-TERM SITUATION?

— IF I CONTINUE TO HOLD ONTO SADNESS, HOW WILL IT AFFECT MY OVERALL WELL-BEING AND OUTLOOK ON LIFE?

— HOW CAN I FIND A BALANCE BETWEEN FEELING MY SADNESS AND TAKING STEPS TO MOVE FORWARD?

— WHEN I EXPERIENCE SADNESS, HOW CAN I CREATE A SUPPORTIVE SPACE FOR MYSELF TO PROCESS AND HEAL?

— IF I COULD CONNECT WITH OTHERS WHO HAVE EXPERIENCED SIMILAR SADNESS, HOW COULD THAT HELP ME?

— HAS MY SADNESS AFFECTED MY SELF-ESTEEM OR SELF-WORTH?

BACK TO MENU 11 GRIEF

Emotional Processing Journal · reference list

QUICK-REFERENCE LIBRARY

- BACK TO MENU
- 11 GRIEF Grief, a profound and intricate emotion, is the natural response to the experience of loss. It is a
 - the unpredictable waves and currents of emotions. Like an ocean, grief can be vast and overwhelming,
 - with its ebb and flow mirroring the unpredictable nature of our grief
 - complex tapestry of emotions that arises when we face the departure of someone or something dear to us. Grief is a deep wellspring of
 - journey. Just as the ocean can be simultaneously awe-inspiring and tumultuous, grief can bring both profound pain and an opportunity
 - sorrow, an expression of the love, connection, and profound impact that the loss has left behind. It is a
 - for personal growth. At its core, grief reflects our capacity to love deeply and to be deeply affected by the presence or
 - absence of someone or something in our lives. It is a testament to the bonds we form and the impact
 - transformation. Grief bears resemblance to a turbulent ocean. When we dive into the depths of grief, we find
 - that others have on our existence. While grief may be an arduous and painful path to navigate, it also holds the potential for
 - ourselves
 - resilience, self-discovery, and the reconfiguration of our lives in a way that honors the memory of what or who has been lost. Grief is
 - navigating

a testament to the enduring power

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QUICK-REFERENCE LIBRARY

- a testament to the enduring power of love and the intricate web of human connections that shape
- our lives.

BACK TO MENU "GRIEF IS THE INWARD

Emotional Processing Journal · reference list

QUICK-REFERENCE LIBRARY

- BACK TO MENU
- FOR HAVING LOVED
- "GRIEF IS THE INWARD
- DEEPLY."
- EXPRESSION OF LOVE.
- - DR. EARLA. GROLLMAN
- IT IS THE PRICE WE PAY

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COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY GRIEF

— AM I OPEN TO THE POSSIBILITY OF FINDING BEAUTY AND MEANING IN UNEXPECTED PLACES DURING MY GRIEVING

— PROCESS?

— AM I WILLING TO CONFRONT AND PROCESS ANY UNRESOLVED EMOTIONS RELATED TO MY GRIEF?

— IF I COULD SHARE MY STORY OF GRIEF WITH OTHERS, WHAT WOULD BE THE MOST IMPORTANT MESSAGE OR LESSON I WOULD

— WANT TO CONVEY?

— HAS THE PAIN OF THIS LOSS CHANGED ME AS A PERSON?

— IS MY GRIEF ISOLATING ME FROM OTHERS, OR AM I FINDING SUPPORT WITHIN MY COMMUNITY?

— AM I WILLING TO EMBRACE THE PROCESS OF GRIEF, KNOWING THAT IT IS NONLINEAR AND UNIQUE TO EACH INDIVIDUAL?

— HAS AN EVENT CAUSED MY GRIEF, OR IS IT A RESULT OF THE REALIZATION OF MY OWN MORTALITY AND THE

— IMPERMANENCE OF LIFE?

— WHAT IF I EMBRACE GRIEF AS A NATURAL RESPONSE TO LOSS AND ALLOW MYSELF TO GRIEVE WITHOUT JUDGMENT OR TIME

— CONSTRAINTS?

— HOW CAN I REFRAME MY PERSPECTIVE ON GRIEF AND SEE IT AS A NATURAL PART OF THE HUMAN EXPERIENCE RATHER

— THAN SOMETHING TO BE AVOIDED OR SUPPRESSED?

— HAS THIS LOSS MADE ME MORE GRATEFUL FOR THE PEOPLE IN MY LIFE?

— AM I DOING ENOUGH TO TAKE CARE OF MYSELF DURING THIS TIME OF GRIEF?

— IS MY GRIEF BASED ON THE LOSS OF A PERSON, A RELATIONSHIP, A DREAM, OR SOMETHING ELSE?

— WHAT IF I EMBRACED THE BITTERSWEET NATURE OF GRIEF, RECOGNIZING THAT IT'S A TESTAMENT TO THE DEPTH OF LOVE

— AND CONNECTION I HAD WITH WHAT OR WHO I'VE LOST?

— HAS THIS LOSS TAUGHT ME ANY VALUABLE LIFE LESSONS?

— IS MY GRIEF CAUSING ME TO NEGLECT OTHER IMPORTANT AREAS OF MY LIFE?

— IS MY GRIEF INTERTWINED WITH OTHER COMPLEX EMOTIONS SUCH AS ANGER, SADNESS, OR CONFUSION?

— IF I COULD ASK FOR ONE THING FROM THE PEOPLE AROUND ME TO SUPPORT ME IN MY GRIEF, WHAT WOULD IT BE?

— WHAT IF THE PERSON I LOST KNEW HOW MUCH THEY MEANT TO ME BEFORE THEY PASSED AWAY?

— WHAT IF I REPLACE THE EXPECTATION OF "MOVING ON" WITH THE CONCEPT OF "MOVING FORWARD" WHILE STILL CARRYING

— MY GRIEF WITH ME?

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COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— HAS MY GRIEF CHANGED THE WAY I VIEW THE WORLD AND MY PLACE IN IT? IF SO, IN WHAT WAY?

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COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY GRIEF

— AM I ALLOWING MYSELF TO FEEL ALL OF THE EMOTIONS THAT COME WITH GRIEF, OR AM I SUPPRESSING THEM?

— HOW CAN I CREATE A SAFE AND SUPPORTIVE SPACE FOR MYSELF TO GRIEVE AND HEAL?

— HOW CAN I CREATE A HEALTHY BALANCE BETWEEN REMEMBERING AND HONORING WHAT OR WHO I'VE LOST, AND

— EMBRACING NEW BEGINNINGS AND POSSIBILITIES IN MY LIFE?

— HAS THIS LOSS BROUGHT ANY UNEXPECTED CHANGES INTO MY LIFE?

— IS MY GRIEF CAUSING ME TO BECOME BITTER OR RESENTFUL TOWARDS OTHERS?

— IMAGINE IF I COULD SHARE MY MEMORIES OF THE PERSON I LOST WITH SOMEONE WHO NEVER MET THEM, WHAT STORIES

— WOULD I TELL?

— IS MY GRIEF PROMPTING ME TO REEVALUATE MY RELATIONSHIPS AND CONNECTIONS, NURTURING THOSE THAT BRING ME

— COMFORT AND SUPPORT?

— WHAT IF I SHIFT MY FOCUS FROM THE PAIN OF LOSS TO THE LOVE AND MEMORIES I SHARED WITH WHAT OR WHO I HAVE

— LOST?

— IF I COULD RECONNECT WITH A LOST LOVED ONE FOR A BRIEF MOMENT, WHAT WOULD I WANT TO SAY OR EXPERIENCE

— TOGETHER?

— HAS THIS LOSS MADE ME RE-EVALUATE MY PRIORITIES IN LIFE?

— WHAT IF I ALLOW MYSELF TO FIND MEANING AND PURPOSE IN MY GRIEF, USING IT AS A CATALYST FOR PERSONAL AND

— SPIRITUAL GROWTH?

— IF I COULD EXPRESS MY GRIEF THROUGH A CREATIVE OUTLET, WHAT FORM WOULD IT TAKE?

— HOW CAN I NAVIGATE THE COMPLEXITIES OF GRIEF WHILE STILL TENDING TO MY RESPONSIBILITIES AND COMMITMENTS IN

— LIFE?

— HAS THIS LOSS MADE ME MORE EMPATHETIC TOWARDS OTHERS WHO ARE GRIEVING?

— HOW CAN I PRACTICE SELF-COMPASSION AND OFFER MYSELF KINDNESS AND UNDERSTANDING DURING TIMES OF GRIEF?

— IF I COULD REWRITE MY STORY OF GRIEF, WHAT WOULD BE THE NARRATIVE THAT EMPOWERS AND INSPIRES ME TO KEEP

— MOVING FORWARD?

— IF I COULD CREATE A SAFE SPACE FOR MYSELF TO PROCESS MY GRIEF, WHAT WOULD IT LOOK LIKE AND HOW WOULD IT FEEL?

— IS MY GRIEF ACCOMPANIED BY GUILT, REGRET, OR UNFINISHED BUSINESS THAT NEEDS TO BE ADDRESSED?

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COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— HOW CAN I REMIND MYSELF THAT IT'S OKAY TO GRIEVE AND EXPERIENCE A RANGE OF EMOTIONS?

— GREATER THAN MYSELF?

— IS MY GRIEF CAUSING ME TO QUESTION MY BELIEFS OR FAITH, OR IS IT STRENGTHENING MY CONNECTION TO SOMETHING

BACK TO MENU 12 FORGIVENESS

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QUICK-REFERENCE LIBRARY

- BACK TO MENU
- 12 FORGIVENESS
- Forgiveness,
- profound
- and transformative emotion, has the power to mend broken hearts, heal wounded souls, and restore fractured
- relationships. It is the act of letting go of resentment, anger, and the desire
- for
- revenge,
- and
- embracing compassion, understanding, and reconciliation. Forgiveness is like a gentle breeze that sweeps away the
- heavy clouds of hurt, creating space
- for healing and growth. Forgiveness can be likened to the blooming of a flower after a long, harsh winter. Just as a flower
- emerges from the dormant earth, forgiveness allows us to blossom and flourish, even in the face of pain and
- betrayal. It is a process that requires patience, nurturing, and a willingness to release the burden of past
- grievances. Like a flower, forgiveness
- brings beauty and new life into our hearts and relationships, offering the promise
- of renewal and hope. In essence, forgiveness is an act of
- liberation and self-empowerment. It is a choice to free ourselves from the chains of bitterness and resentment, allowing us to move
- forward with greater inner peace and emotional freedom. Through forgiveness, we acknowledge our shared humanity, recognizing that
- we all make mistakes and have the capacity for growth and change. It is a transformative journey that
- leads us to embrace our own

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- vulnerability and extend empathy and understanding to others. It is an invitation to release the grip of
- meaningful relationships.

- the past and create a future filled with compassion, connection, and the possibility of deep and

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What stands out?

How might this inform one next step?

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COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY

— FORGIVENESS

— WHAT IF I CHOOSE TO FORGIVE MYSELF FOR PAST MISTAKES AND EMBRACE SELF-COMPASSION AND GROWTH?

— HOW CAN I LET GO OF RESENTMENT TOWARDS OTHERS WHO HAVE HURT ME?

— HOW CAN I DEVELOP A DAILY FORGIVENESS PRACTICE, WHETHER THROUGH MEDITATION, JOURNALING, OR ACTS OF

— KINDNESS?

— HAS AN EVENT CAUSED ME PAIN AND TRIGGERED THE NEED FOR FORGIVENESS, OR IS IT A RESULT OF ACCUMULATED HURTS

— AND BETRAYALS?

— WHAT IF I WRITE A LETTER OF FORGIVENESS, EXPRESSING MY FEELINGS AND INTENTIONS TO THE PERSON WHO HAS HURT

— ME, EVEN IF I DON'T SEND IT?

— AM I HOLDING ONTO RESENTMENT AND UNWILLING TO FORGIVE, OR AM I OPEN TO THE POSSIBILITY OF HEALING AND LETTING

— GO?

— HAS AN EVENT CHALLENGED MY CORE VALUES OR BELIEFS, REQUIRING ME TO RECONSIDER FORGIVENESS AS A PATH TO

— GROWTH AND UNDERSTANDING?

— HOW CAN I DIFFERENTIATE FORGIVENESS FROM CONDONING SOMEONE'S BEHAVIOR?

— IF I FORGIVE, HOW CAN I CREATE HEALTHY BOUNDARIES TO PROTECT MYSELF FROM FURTHER HARM?

— HOW CAN I LET GO OF ANGER AND BITTERNESS TOWARDS SOMEONE WHO HURT ME?

— AM I WILLING TO EXPLORE FORGIVENESS AS A PROCESS RATHER THAN AN IMMEDIATE DECISION, ALLOWING MYSELF TIME

— AND SPACE TO NAVIGATE MY EMOTIONS?

— HOW CAN I WORK THROUGH THE PAIN CAUSED BY THE PERSON WHO HURT ME?

— IS MY FEAR OF VULNERABILITY HINDERING MY ABILITY TO FORGIVE?

— AM I WILLING TO EXPLORE THE ROOT CAUSES OF MY RELUCTANCE TO FORGIVE AND ADDRESS ANY UNDERLYING FEARS OR

— BELIEFS?

— HOW CAN I LET GO OF THE NEED FOR CLOSURE BEFORE FORGIVING?

— IS MY RESISTANCE TO FORGIVENESS ROOTED IN A BELIEF THAT I DON'T DESERVE TO BE FORGIVEN FOR MY OWN MISTAKES?

— WHAT IF I VIEW FORGIVENESS AS A GIFT I GIVE MYSELF, RELEASING THE BURDEN OF RESENTMENT AND EMBRACING

— PERSONAL LIBERATION?

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COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— AM I WILLING TO TAKE RESPONSIBILITY FOR MY OWN HEALING AND FORGIVE?

— WHAT IF I COULD FIND THE STRENGTH TO FORGIVE EVEN IN DIFFICULT SITUATIONS?

— HOW CAN I FORGIVE SOMEONE WHO HAS NEVER ACKNOWLEDGED THEIR WRONGDOINGS?

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Emotional Processing Journal · question bank

COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY

— FORGIVENESS

— HAS AN EVENT FROM MY PAST PREVENTED ME FROM TRUSTING OTHERS?

— HOW CAN I WORK ON REBUILDING TRUST AFTER FORGIVING SOMEONE?

— WHAT IF I COULD FIND COMPASSION TOWARDS THOSE WHO HAVE HURT ME?

— IS MY INABILITY TO FORGIVE BASED ON A DESIRE FOR JUSTICE OR A NEED TO PROTECT MYSELF FROM FURTHER HARM?

— HAS AN EVENT CAUSED ME TO QUESTION MY CAPACITY FOR FORGIVENESS, OR IS IT A RESULT OF SELF-REFLECTION AND

— WHAT IF I COULD FORGIVE SOMEONE WITHOUT FORGETTING THE LESSONS LEARNED?

— HOW CAN I HEAL FROM THE PAIN CAUSED BY SOMEONE WHO HURT ME?

— AM I WILLING TO RELEASE THE NEED FOR CLOSURE OR AN APOLOGY AND FIND CLOSURE WITHIN MYSELF THROUGH

— FORGIVENESS?

— HOW CAN I FOSTER EMPATHY AND COMPASSION, RECOGNIZING THAT OTHERS MAY ALSO BE CARRYING THEIR OWN

— BURDENS AND WOUNDS?

— HOW CAN I FIND CLOSURE THROUGH FORGIVENESS RATHER THAN REVENGE?

— HAS AN EVENT CHALLENGED MY ABILITY TO FORGIVE MYSELF, HIGHLIGHTING THE NEED FOR SELF-COMPASSION AND

— IS MY PERCEPTION OF FORGIVENESS INFLUENCED BY SOCIETAL NORMS OR CULTURAL EXPECTATIONS, AND HOW CAN I

— DEFINE FORGIVENESS ON MY OWN TERMS?

— IS MY RESISTANCE TO FORGIVENESS ROOTED IN FEAR, PRIDE, OR A DESIRE TO MAINTAIN CONTROL?

— WHAT IF I SHIFT MY PERSPECTIVE FROM HOLDING ONTO GRIEVANCES TO SEEKING UNDERSTANDING AND FINDING

— COMMON GROUND?

— WHAT IF FORGIVENESS IS A WAY TO BREAK THE CYCLE OF PAIN AND HURT?

— AM I WILLING TO FORGIVE SOMEONE EVEN IF THEY DON'T DESERVE IT?

— HOW CAN I MOVE PAST THE FEELING OF BETRAYAL AND FORGIVE SOMEONE WHO HAS HURT ME DEEPLY?

— IF I HOLD ONTO MY ANGER AND RESENTMENT, HOW WILL IT CONTINUE TO SHAPE MY IDENTITY AND DICTATE MY EMOTIONAL

— RESPONSES?

— WHAT IF I COULD FORGIVE AND STILL HOLD OTHERS ACCOUNTABLE FOR THEIR ACTIONS?

— HOW CAN I WORK ON FORGIVENESS EVEN WHEN IT FEELS IMPOSSIBLE?

BACK TO MENU 13 HAPPINESS

Emotional Processing Journal · reference list

QUICK-REFERENCE LIBRARY

- BACK TO MENU
- encompassing
- 13 HAPPINESS Happiness, a radiant and uplifting emotion, is like a warm ray of sunshine that brightens our days
- joy, gratitude, fulfillment, and inner peace. It is a flourishing oasis where the seeds of positivity are
- and fills our hearts with joy. It is a
- nurtured, and where the fragrant blossoms of laughter, love, and purpose bloom. Happiness, like a garden, requires care, attention,
- state
- and the cultivation of positive thoughts and actions to thrive and
- contentment
- flourish. Fundamentally, happiness is not merely a fleeting moment or an external circumstance, but a state
- and satisfaction, a blissful harmony between our inner desires and external experiences. Happiness is
- of being that arises from within. It is the alignment of our thoughts, values, and actions with our truest
- the gentle melody that resonates within us, inviting us to embrace the present moment and savor the
- selves. Happiness is not the
- simple pleasures of life. Happiness draws parallel to a vibrant garden in full bloom. Just as a garden bursts with an array of
- absence
- colors, scents, and life, happiness encompasses a tapestry of positive
- challenges
- emotions,

difficulties, but the resilience and

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- difficulties, but the resilience and optimism that arise in the face of adversity. It is the profound
- shape
- realization that our well-being is interconnected with the wellbeing of others and the world around us. It is a reminder that
- our experiences. Through embracing happiness, we unlock the potential for personal growth, authentic
- our choices, attitudes, and
- connections, and a life infused
- perspectives
- with meaning and purpose.

BACK TO MENU "THE SECRET OF

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QUICK-REFERENCE LIBRARY

- BACK TO MENU
- DEVELOPING THE
- "THE SECRET OF
- CAPACITY TO ENJOY
- HAPPINESS, YOU SEE,
- LESS."
- IS NOT FOUND IN
- - SOCRATES
- SEEKING MORE, BUT IN

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COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY HAPPINESS

— AM I TRULY HAPPY, OR AM I JUST CONFORMING TO SOCIETAL EXPECTATIONS OF HAPPINESS?

— WHAT IF HAPPINESS IS A STATE OF MIND, AND I CAN CHOOSE TO BE HAPPY?

— IF I PRIORITIZE MY HAPPINESS, HOW CAN I LET GO OF REGRETS AND LIVE WITH A SENSE OF GRATITUDE AND ACCEPTANCE FOR

— THE PAST?

— HAS AN EVENT EVER HAPPENED IN MY LIFE THAT MADE ME FEEL INCREDIBLY HAPPY?

— IS MY HAPPINESS DEPENDENT ON EXTERNAL FACTORS OR CAN I CULTIVATE IT FROM WITHIN?

— IMAGINE A LIFE WHERE HAPPINESS IS NOT MEASURED BY ACHIEVEMENTS OR POSSESSIONS BUT BY INNER PEACE AND

— FULFILLMENT.

— HOW CAN I MAKE SURE THAT MY HAPPINESS IS NOT JUST TEMPORARY BUT LONG-LASTING?

— AM I ALLOWING MYSELF TO FEEL HAPPY OR AM I HOLDING MYSELF BACK?

— WHAT IF I STOPPED WORRYING ABOUT WHAT OTHER PEOPLE THINK AND JUST FOCUSED ON MY OWN HAPPINESS?

— AM I WILLING TO LET GO OF OLD PATTERNS AND BELIEFS THAT HINDER MY HAPPINESS AND EMBRACE NEW PERSPECTIVES?

— HAS HAPPINESS EVER COME FROM HELPING OTHERS OR MAKING A POSITIVE IMPACT?

— IS MY PURSUIT OF HAPPINESS CAUSING ME TO NEGLECT OTHER IMPORTANT AREAS OF MY LIFE?

— HAS AN EVENT CHALLENGED MY PERCEPTION OF HAPPINESS, OR IS IT A RESULT OF SELF-REFLECTION AND PERSONAL

— GROWTH?

— WHAT IF I VIEW HAPPINESS AS A JOURNEY RATHER THAN A DESTINATION, ALLOWING MYSELF TO EXPERIENCE THE UPS AND

— DOWNS OF LIFE WITH GRACE?

— IF I COULD GIVE SOMEONE ELSE HAPPINESS, WHO WOULD IT BE AND HOW WOULD I DO IT?

— HAS THERE EVER BEEN A TIME WHEN I FELT HAPPY DESPITE DIFFICULT CIRCUMSTANCES?

— AM I TAKING THE TIME TO APPRECIATE THE SMALL MOMENTS OF HAPPINESS IN MY LIFE?

— IS MY HAPPINESS BASED ON COMPARISON WITH OTHERS, OR CAN I FIND JOY IN MY OWN UNIQUE JOURNEY AND

— ACCOMPLISHMENTS?

— IF I COULD RELIVE ONE HAPPY MEMORY, WHAT WOULD IT BE?

— AM I WILLING TO EMBRACE VULNERABILITY AND OPEN MYSELF UP TO THE FULL RANGE OF EMOTIONS, KNOWING THAT

— HAPPINESS IS NOT CONSTANT BUT AN EVER-CHANGING STATE?

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COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— BACK TO MENU

— QUESTIONING MY HAPPINESS

— WHAT IF I PRIORITIZE EXPERIENCES AND MEANINGFUL CONNECTIONS OVER MATERIAL POSSESSIONS AS A SOURCE OF

— HAPPINESS?

— WHAT IF I LET GO OF PAST HURTS AND ALLOWED MYSELF TO BE HAPPY?

— HOW CAN I PRACTICE MINDFULNESS AND BE FULLY PRESENT IN EACH MOMENT, SAVORING THE JOY THAT ARISES?

— HAS HAPPINESS EVER COME FROM LETTING GO OF SOMETHING THAT NO LONGER SERVES ME?

— WHAT IF I LET GO OF THE NEED TO CONTROL EVERY ASPECT OF MY LIFE AND ALLOW HAPPINESS TO UNFOLD NATURALLY?

— WHAT IF I FOCUSED ON GRATITUDE AS A MEANS TO INCREASE MY HAPPINESS?

— AM I READY TO LET GO OF PAST GRIEVANCES AND FORGIVE, ALLOWING HAPPINESS TO THRIVE IN MY HEART?

— HAS HAPPINESS EVER COME FROM STEPPING OUT OF MY COMFORT ZONE?

— AM I ALLOWING MYSELF TO EXPERIENCE A RANGE OF EMOTIONS OR JUST FOCUSING ON HAPPINESS?

— AM I READY TO TAKE RESPONSIBILITY FOR MY OWN HAPPINESS AND NOT RELY ON OTHERS TO MAKE ME HAPPY?

— IF I COULD MAKE ONE CHANGE IN MY LIFE TO INCREASE MY HAPPINESS, WHAT WOULD IT BE?

— HAS HAPPINESS EVER COME FROM FORGIVING SOMEONE OR MYSELF?

— HOW CAN I FIND MEANING AND PURPOSE IN MY LIFE, ALIGNING MY ACTIONS WITH MY VALUES AND PASSIONS FOR A

— DEEPER SENSE OF HAPPINESS?

— AM I WILLING TO LET GO OF THE PAST AND EMBRACE THE PRESENT, KNOWING THAT HAPPINESS IS AVAILABLE TO ME RIGHT

— HERE, RIGHT NOW?

— WHAT IF HAPPINESS IS NOT ABOUT HAVING IT ALL BUT APPRECIATING WHAT I ALREADY HAVE?

— IF I COULD GO BACK IN TIME AND TELL MY YOUNGER SELF SOMETHING ABOUT HAPPINESS, WHAT WOULD IT BE?

— HAS HAPPINESS EVER COME FROM LETTING GO OF EXPECTATIONS OR ATTACHMENTS?

— AM I PRIORITIZING MY OWN HAPPINESS OR PUTTING OTHERS' NEEDS BEFORE MY OWN?

— HAS AN EVENT REMINDED ME OF THE FLEETING NATURE OF HAPPINESS, OR IS IT A RESULT OF SEEKING A DEEPER AND

— MORE AUTHENTIC SENSE OF JOY?

— WHAT IF HAPPINESS IS NOT JUST AN EMOTION BUT A WAY OF LIFE?

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- BACK TO MENU
- FAIL AND REVEALS THE
- "EMOTION IS THE
- DEPTHS OF OUR
- LANGUAGE OF THE
- HUMANITY."
- SOUL. IT SPEAKS THE
- - RUMI
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What stands out?

How might this inform one next step?

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