

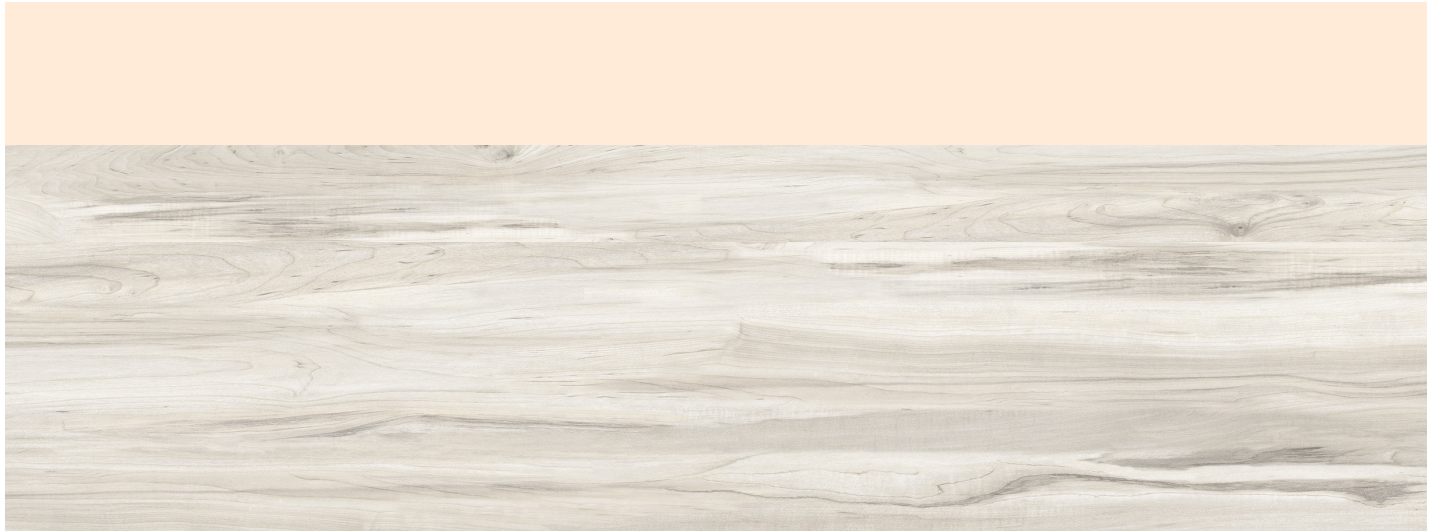
Thought Processing Journal

From the original "Thought Processing Journal.pdf" · 28 pages

What this is. The original handout (28 pages) reproduced page for page inside the house frame, unaltered, so that every word, line, table and illustration is exactly as its author set it. It replaces the September 2026 redesign of this file, which re-set the text and chopped it.

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THErapy BUNDLE



INCLUDED:

Goal Outline
Daily To Do
To Do List
Self Reflections (Fill in the Blanks)
100 Self Reflection Prompts [3 Pages]
List of Emotions [2 Pages]
Pre-Session Notes
Activity List
Daily Walkthrough
Daily Check-in
Daily Wins
List of Values [2 Pages]
Root of Values
Personal Boundaries
Setting a Support Team [2 Pages]
Thought Train Visual
Weekly Behavior Trackers
Family Influence breakdown
Personal Evolution
Gratitude Log

GOAL OUTLINE

Goal Title		Date
Goal Overview	People Involved	Start Date
		Goal Deadline
Steps to Take		How will you measure success?
1 _____		
2 _____		
3 _____		
4 _____		
5 _____		
		Completion Date
Notes:		

[illegible]

SELF REFLECTION

This worksheet is to promote self reflection. Use the word box below as well as your own processing words to self reflect.
Respond to the prompts below with the word(s) you feel most appropriate reflect the prompt.

Agreeable	Compassion	Enthusiast	Honesty	Open	Resilient
Authentic	Composed	Fair	Hopeful	Optimist	Respectful
Brave	Confident	Flexible	Humble	Patient	Strength
Calm	Conscientious	Forgiving	Humorous	Peaceful	Sympathetic
Candid	Courageous	Friendly	Impartial	Perseverance	Trustworthy
Charitable	Devoted	Generous	Loyal	Polite	Truthful
Cheerful	Diligent	Genuine	Merciful	Positivity	understanding
Civil	Empathetic	Graceful	Modest	Relaxed	Witty

Today I brought this trait into the world...

Today I emotionally felt...

Today I tried to be...

In life I would like to be more...

My favorite quality about myself is...

A quality I admire in other people is...

I struggle knowing up to respond when...

I struggle emotionally with this skill...

Tomorrow I would like to work on being...

In the future I would like to work on being...

I wish to incorporate this personality trait into my life...

I'm generally attracted to this personality type...

I wish to leave people with the feeling of...

SELF REFLECTION PROMPTS PT 1

- 1) How do you feel you presented yourself to the world today?
- 2) How do you feel you treated others this week?
- 3) What is bringing you meaning to life currently?
- 4) What words would you use to describe yourself?
- 5) How would/does isolation impact you?
- 6) Do you need people around you to feel happy?
- 7) What do you feel your purpose is in the world?
- 8) How do you want others to feel about you?
- 9) What problems do you have in life currently? How can you work to resolve them?
- 10) What makes you feel excited to wake up every morning?
- 11) How would your younger self feel about you currently?
- 12) What moments altered your life fundamentally?
- 13) If you had one year to do whatever you wanted, what would you do?
- 14) What would you consider to be "your element"?
- 15) How does life look compared to what you expected it to look like?
- 16) What helps you persevere?
- 17) What kind of person do you want to be known for?
- 18) Who inspires you the most? How would you describe their character traits?
- 19) What builds up your confidence? What deflates your confidence?
- 20) Who supports you in your life regardless of what happens?
- 21) What qualities are you drawn to in other people? Are they healthy or unhealthy?
- 22) What makes you feel the most like yourself?
- 23) What makes you so happy you lose track of time?
- 24) What could you give a Ted Talk on if you were asked to present tomorrow?
- 25) When do you feel most alive?
- 26) What qualities do you possess that you dislike about yourself?
- 27) What qualities do you look for in a friend or partner?
- 28) How do you present yourself in relationships? Does it change based on the type of relationship?
- 29) What drives you internally? Do you often express that to the world or is it a hidden driver?
- 30) What habits that your parents/guardians possess that you see in yourself today?
- 31) What is your personal elevator pitch? (How do you introduce yourself)
- 32) What does your space say about you? What do you want to change?
- 33) Do other people's opinions impact your life on a daily basis?

SELF REFLECTION PROMPTS PT 2

- 34) How do you spend the majority of your time?
- 35) How many decisions in your life are made by people other than yourself?
- 36) What have you always wanted to do that you have written off as achievable?
- 37) What can you do personally that would improve how you interact with other individuals?
- 38) What do you enjoy learning about? How do you learn best?
- 39) What is one thing you do regardless of people telling you not to do it?
- 40) When you imagine yourself at a location, how big to you see yourself comparatively?
- 41) How do you feel most support by others? How do you feel most supported by yourself?
- 42) What abilities do you have that you are proud of? What abilities do you wish you had?
- 43) What is your most complimented trait? How do you digest complements?
- 44) What is something you would do regardless of income?
- 45) What helps you feel peaceful? How do you make the peace come more often?
- 46) How did you show up in the world today? How do you wish to change tomorrow?
- 47) How do you feel you can be more intentional with relationship building?
- 48) What relationship do you have with time?
- 49) What gives you peace of mind?
- 50) When you are feeling sad, anxious, and/or depressed, what makes you feel safe?
- 51) How open are you with people in your circle about how you feel emotionally?
- 52) When you picture your childhood, what image comes to your mind? Who is there?
- 53) How do you present yourself in the relationship you have with your family?
- 54) Where do you feel most distant from yourself?
- 55) How do you interact with nature? How often are you coping with technology?
- 56) How do you see yourself vs how you believe others perceive you?
- 57) What traits do you want to pass off to your children? Do you want children?
- 58) What identities do you hold close to your heart?
- 59) When you think of death what emotions do you associate?
- 60) Do you feel as if you truly live life or are just alive? What do you wish to change?
- 61) How has your identity changed over the course of your life?
- 62) How can you be more intentional with listening to your own wants and needs?
- 64) How do you feel restored?
- 65) Are you an introvert, Extrovert, or an introverted- extrovert?
- 66) Do you struggle with conflict? Can you think of a root to your approach with conflict?
- 67) What makes you genuinely happy?

SELF REFLECTION PROMPTS PT 3

- 68) Who do you rely on the most in your life?
- 69) How do you practice self care? What does self care even mean to you as an individual?
- 70) How do you find strength on your weakest days?
- 71) What memories haunt you? How can you put them to rest?
- 72) How have those who come before you shaped who you are today?
- 73) What traits did you incorporate in your life that stemmed from someone else?
- 74) Do you take care of yourself when you are hurt?
- 75) Do you go with the flow or do you need to be in charge?
- 76) How does a changed routine impact your day and your mood?
- 77) How do you feel about trying new things?
- 78) Are you generally more optimistic or pessimistic?
- 79) What feelings do you associate with food?
- 80) When you look in the mirror, what do you see and feel?
- 81) What is the first thing you notice about other people?
- 82) In this current moment, how do you feel and what has stemmed those emotions?
- 83) Do you believe there is a difference between inner peace and being peaceful?
- 84) When you are in the middle of a conversation, where do you look?
- 85) What has been making you anxious this week? How is that playing out in your life overall?
- 86) When you are feeling emotional, what do you do to relax?
- 87) How has your relationship with your siblings changed overtime?
- 88) Have you ever felt violated? Do you hold on to that experience through daily decisions?
- 89) Are you being kind to yourself with your words and actions?
- 90) What would you tell yesterday's self today?
- 91) Are you happy with what you've done and who you have been this week?
- 92) Do you often feel lonely in a room full of people?
- 93) Do you tie your emotions or memories to objects?
- 94) How much time do you spend on social media? What could you do with this time?
- 95) When you hang out with friends, what do you do? Does that make you happy?
- 96) Have you traveled? Do you have any desire to travel? How has it impacted your life?
- 98) What do you want for your future? How do you make it happen?
- 99) Who do you see in your future and who do you not see in your future?
- 100) Who do you want to be and who are you right now?

LIST OF EMOTIONS PT. 1

absorbed	apprehension	compassion	distressed	extroverted
acceptance	aroused	complacent	dismissed	exuberant
aching	ashamed	compliant	displeasure	
admiration	assertive	composed	dissatisfied	fascinated
adventurous	assured	conceited	distraction	fatalistic
adoration	astonishment	concerned	distress	fear
admiration	attachment	confident	disturbed	fearful
adrift	attracted	contempt	doom	ferocity
adulation	attraction	content	dread	flummoxed
affection	awe	contentment		flustered
afraid	awkward	cowardly	eager	fondness
affection		crabby	earnest	frazzled
aggravation	baffled	crazed	easy-going	fretful
aggressive	betrayed	crazy	ecstasy	fright
agitation	bitterness	cross	ecstatic	frightened
agony	blessed	cruel	edgy	frustration
agreeable	bliss		elation	furious
alarm	blue	daring	embarrassment	fury
alone	bold	defeated	emotion	
aloof	boredom	defiance	emotional	generous
alert	bitter	delighted	empty	glad
alienation	brave	denial	enamored	gloating
alive	bubbly	dependence	enchanted	gloomy
amazement		depressed	enjoyment	glum
amusement	calculating	desire	enraged	greedy
anger	calm	detached	enraptured	grief
angst	capricious	disappointment	enthralled	grim
animated	caring	disapproval	enthusiasm	groggy
anguish	cautious	discontent	envious	grouchy
annoyance	charmed	disenchanted	envy	grumpy
anticipation	cheerful	disgust	equanimity	guarded
antsy	closeness	disillusioned	euphoria	guilt
anxiety	cocky	dislike	exasperation	
apologetic	cold	dismay	excited	happiness
appalled	comfortable	distant	exhausted	happy

LIST OF EMOTIONS PT. 2

harried	Lazy	pessimism	scorn	triumphant
hesitant	Like	petrified	self-assured	trust
hollow	loathing	pity	self-congratulatory	twitchy
homesick	loneliness	placid	self-satisfied	_____
hopeless	lonely	pleased	sentimentality	uncomfortable
horrified	longing	pride	serenity	unhappiness
hostility	love	proud	shame	unhappy
humiliation	lulled	pushy	shaken	upset
hurt	lust	_____	shock	uptight
hysteria	_____	quarrelsome	skeptical	_____
_____	mad	queasy	smug	vain
infatuated	merry	querulous	sorrow	vanity
insecurity	misery	quick-witted	sour	venal
insulted	modesty	quiet	sorry	vengeful
interested	mortification	quirky	spellbound	vexed
introverted	_____	_____	spite	vigilance
irritation	naughty	rage	startled	vivacious
isolation	neediness	rapture	stingy	_____
_____	neglected	rejection	stoical	wary
jaded	nervous	relief	stressed	watchfulness
jealous	nirvana	relieved	subdued	weariness
jittery	_____	remorse	submission	weary
jolliness	open	repentance	suffering	woe
jolly	optimism	resentment	surprise	wonder
joviality	ornery	resigned	sympathy	worried
joy	outgoing	restless	_____	wrathful
jubilation	outrage	revulsion	tenderness	_____
jumpy	_____	roused	tense	zeal
_____	panic	_____	terror	zest
keen	paralyzed	sad	threatening	
kind	paranoid	sadness	thrill	
kind hearted	passion	sarcastic	timidity	
kindly	Passive	sardonic	torment	
_____	Peaceful	satisfaction	tranquil	
Laid Back	Pensive	scared	trepidation	

PRE-SESSION NOTES

Topic: What Provoked the Thought?	Notes:
Topic: What Provoked the Thought?	Notes:
Topic: What Provoked the Thought?	Notes:
Topic: What Provoked the Thought?	Notes:

ACTIVITY LIST

This Activity List worksheet is a designated space to list out activities that promote self-care, push you to try new things, etc! Track fun activities while you think of them. When you are feeling down or unmotivated, pull out the list and use it to inspire activity big or small. Sometimes getting out alone or in a group can improve mental health!

	Activity	Description
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		
21.		
22.		
23.		
24.		
25.		

DAILY WALKTHROUGH

Overall I would say today was...

I spent my day...

The emotions I felt today was...

I would rate my day...
1 2 3 4 5 6 7 8 9 10

Today I was surrounded by...

I am grateful for...

Today I struggled with...

The Best Part of My day was...

The Worst Part of My day was...

An Activity I did today was...

Notes of today:

DAILY CHECK-IN

Track your mood daily with the "Mood Tracker" tool below. Use the scale of 1-10 to reflect your mood daily

MOOD TRACKER		1	2	3	4	5	6	7	8	9	10	11
	S											
	M											
	T											
	W											
	T											
	F											
	S											

STRESS SYMPTOM TRACKER	S	M	T	W	T	F	S
DIFFICULTY SLEEPING							
PERSISTENT HEADACHES							
NAUSEA							
DIARRHEA / CONSTIPATION							
DIZZINESS							
ANXIOUS THOUGHTS							
MOOD SWINGS							
IRRITABILITY							
FEELING OF LONELINESS							
RESTLESSNESS							
ONGOING TENSE MUSCLES							
OTHER:							
OTHER:							
OTHER:							
OTHER:							

DAILY WINS

Instead of Thinking about what you didn't do today, think about what you did accomplish. This can be large or small. Don't forget that sometimes just getting up or changing your clothes can be a big win!

LISTED DAILY WINS:	
1.	10.
2.	11.
3.	12.
4.	13.
5.	14.
6.	15.
7.	16.
8.	17.
9.	18.

What Headspace were you in today and what did you need mentally?

Did you have any communication with others today? How does it compare to your average connection?

LIST OF VALUE WORDS PT. 1

Ability	Comfort	Dexterity	Faith	Honesty
Abundance	Commitment	Dignity	Fame	Honor
Acceptance	Compassion	Diligence	Fascination	Hopefulness
Accomplishment	Competence	Diplomacy	Fashion	Hospitality
Achievement	Complacency	Directness	Fearlessness	Humility
Adaptability	Completion	Discretion	Fidelity	Humor
Adventure	Composure	Discipline	Fineness	Hygiene
Affection	Concentration	Discernment	Finesse	
Alertness	Confidence	Discovery	Fitness	Imagination
Ambition	Conformity	Diversity	Flexibility	Impartiality
Anticipation	Connection	Dreaming	Fluency	Independence
Appreciation	Consciousness	Drive	Focus	Insightfulness
Approachability	Consistency	Duty	Fortitude	Inspiration
Assertiveness	Continuity	Dynamism	Frankness	Instinctiveness
Attentiveness	Control		Freedom	Integrity
Audacity	Conviction	Eagerness	Friendliness	Intelligence
Availability	Cooperation	Ecstasy	Frugality	Intimacy
Awareness	Correctness	Education		Intuition
Awe	Courage	Effectiveness	Gallantry	
	Courtesy	Efficiency	Generosity	Joy
Balance	Craftiness	Elegance	Gentility	Justice
Blissfulness	Creativity	Empathy	Genuineness	
Boldness	Credibility	Encouragement	Giving	Keenness
Bravery	Cunning	Endurance	Grace	Kindness
Brilliance	Curiosity	Energy	Gratefulness	
		Enlightenment	Gratefulness	Leadership
Calmness	Daring	Entertainment	Gratitude	Liberation
Capability	Decisiveness	Excellence	Growth	Logic
Candor	Deepness	Expectancy	Guidance	Loyalty
Certainty	Deference	Experience		
Charm	Delicacy	Expertise	Happiness	Maturity
Chastity	Delight	Exploration	Harmony	Meticulousness
Clarity	Dependability	Expressiveness	Health	Mindfulness
Cleanliness	Determination	Extravagance	Helpfulness	Modesty
Cleverness	Devotion	Exuberance	Heroism	Motivation
Commitment	Devoutness	Evolution	Holiness	

LIST OF VALUE WORDS PT. 2

Neatness	Resolution	Solidarity	Vision
Open-Minded	Resourcefulness	Solitude	Vitality
Optimism	Respect	Spirituality	Vivacity
Organization	Restfulness	Spontaneity	Warmth
Originality	Restraint	Stability	Watchfulness
Passion	Reverence	Stillness	Wealth
Perfection	Richness	Strength	Wholesomeness
Perseverance	Rigor	Structure	Willingness
Persuasiveness	Scaredness	Substantiality	Winning
Philanthropy	Sacrifice	Success	Wisdom
Playfulness	Sagacity	Sufficiency	Wittiness
Popularity	Saintliness	Support	Wonder
Practicality	Saintliness	Surprise	Worthiness
Preparedness	Sanguinity	Suburb	Zeal
Privacy	Satisfaction	Sympathy	Zest
Proactivity	Security	Tactfulness	Zing
Proficiency	Self-Control	Teamwork	
Professionalism	Selflessness	Temperance	
Prosperity	Self-realization	Thankfulness	
Punctuality	Self-reliance	Thoroughness	
Purity	Sensitivity	Thoughtfulness	
Quietness	Sensuality	Thrifty	
Quickness	Serenity	Timeliness	
Realism	Service	Traditionalism	
Readiness	Sexuality	Tranquility	
Reason	Sharing	Trust	
Reflection	Shrewdness	Trustworthiness	
Relaxation	Significance	Uniqueness	
Reliability	Silence	Utility	
Resilience	Simplicity	Victory	
	Sincerity	Vigor	
	Skillfulness	Virtue	
	smartness		
	Sophistication		

WEEKLY BEHAVIOR TRACKER

BEHAVIOR TRACKER	S	M	T	W	T	F	S

SLEEP TRACKER		1	2	3	4	5	6	7	8	9	10	11
	S											
	M											
	T											
	W											
	T											
	F											
	S											

STRESS SYMPTOMS

☐ Low Energy

☐ Fatigue

☐ Difficulty Sleeping

☐ Stomachaches

☐ Depressed

☐ Anxiety Attack

☐ Panic Attack

☐ Digestive Issues

☐ Mood Changes

☐ Irritability

☐ Racing Heartbeat

☐ Hopelessness

☐ Changes of appetite

☐ Difficulty Concentrating

☐ Avoidance of duty

Rate Your Day

--	--	--	--	--	--	--

Use this space to rate your day. Include overall mental, emotional, and physical health

PERSONAL EVOLUTION

As a child I thought of myself as...	What has changed your self view?
Right Now I see myself as...	
I want to manifest this into my future...	

ROOT OF VALUES

This Activity Worksheet is to process the values you hold and where they come from in regards to your personal history. This worksheet is to assist in your personal boundaries determination. This worksheet is meant to help you process the values you were brought up with and how they impact the values you hold dearly now.

The Values I felt were important in my childhood...
The Values My friends held when I was a teenager...
The Values my friends held post high school...
My parents changed their values when...
The values I hold dear overtime have....
The People I hold dear find it important to....
The values I hold dear currently are...

PERSONAL BOUNDRIES

List six personal boundaries you have set for yourself in the boxes below

1.	2.
3.	4.
5.	6.

Do you ever over protect yourself out of fear of a personal boundary being crossed?

How do you react when a boundary is pushed? Does the person who crossed it change the reaction?

Do you feel like you are able to clearly articulate your personal boundaries to others?

How do you take care of yourself when you have your boundaries pushed?

SUPPORT TEAM PT 1

The Person I call when I need to vent in Frustration	The Person I call when I am Emotional
How does this differ and what do I need	

I know this individual will be straight forward	I know this person will hype me up when needed
How does this differ and what do I need	

This individual will hold help me prioritize my mental health	This individual will hold help me prioritize my physical health
How does this differ and what do I need	

I know this individual will always be on time	I know this individual will be flexible with Plans
How does this differ and what do I need	

This individual will support me with my personal beliefs	This individual will support my self care journey
How does this differ and what do I need	

SUPPORT TEAM PT 2

Name & Relationship

They best support me by:

Sometimes they aren't the best to call when:

Best method of Contact:

NOTES

Name & Relationship

They best support me by:

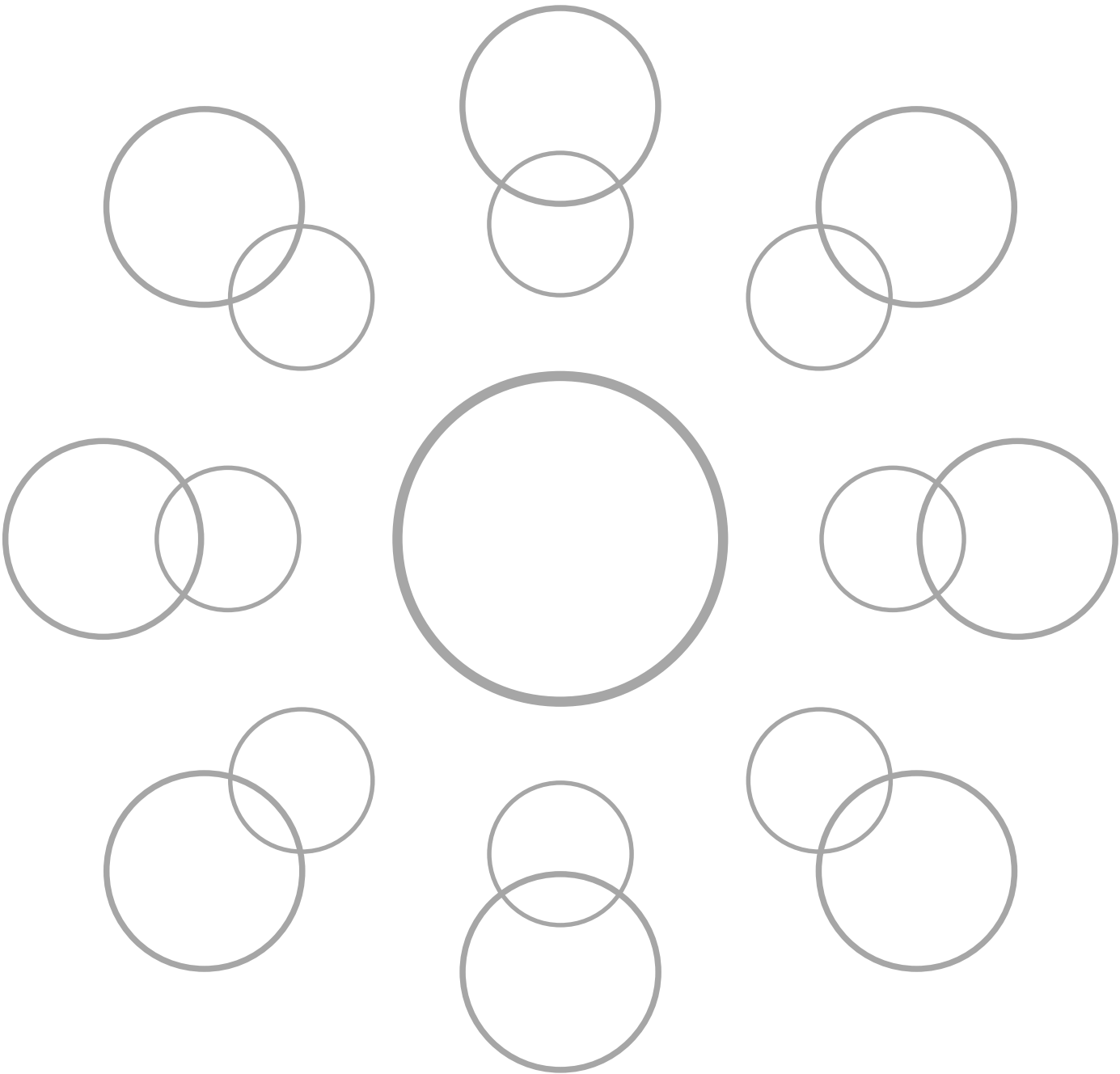
Sometimes they aren't the best to call when:

Best method of Contact:

NOTES

THOUGHT TRAIN

Use the Thought Train worksheet to backtrack thoughts you've had or positive/negative experiences you've had. Draw lines between bubbles to track The Thought step to step. Use the smaller bubble to add an emotional word.



FAMILY BREAKDOWN

As a child what relationship did you have with your parents?

As a child what relationship did you have with your siblings?

Did you ever have conversations with your parents where you were in a therapist role?

Did you feel emotionally supported by your parents?

What emotions do you associate with your childhood memories?

Who did you feel most supported by emotionally while growing up?

Who did you spend the most time with in your childhood?

GRATITUDE LOG

MONTH OF:

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	
DAY 6	
DAY 7	
DAY 8	
DAY 9	
DAY 10	
DAY 11	
DAY 12	
DAY 13	
DAY 14	
DAY 15	
DAY 16	
DAY 17	
DAY 18	
DAY 19	
DAY 20	
DAY 21	
DAY 22	
DAY 23	
DAY 24	
DAY 25	
DAY 26	
DAY 27	
DAY 28	
DAY 29	
DAY 30	
DAY 31	

THANK YOU FOR YOUR SUPPORT

USE CODE "THANKYOU21" FOR 10% OFF YOUR NEXT
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PLEASE DON'T HESITATE TO REACH OUT
IF YOU HAVE ANY ISSUES!

HAPPY ORGANIZING!

IF YOU FIND THIS ORGANIZATIONAL TOOL KIT
HELPFUL, I WOULD APPRECIATE IT IF YOU LEFT A
REVIEW!