

*Journaling &
Workbook Process*



RELEASE

1. How did the release occur?
2. How are you feeling about releasing the memory?
3. What coping skill were installed?
4. How did your supports assist in the process?
5. What helped you to release the memory and bring closure to the story?

RESPONSE TO ABOVE 5 QUESTIONS:

1. _____

2. _____

3. _____

4. _____

5. _____

