



**PRE-JOURNALING**

**EXERCISES**

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# LOCKED EMOTIONS

IDENTIFY THE EMOTIONS THAT ARE LOCKED IN YOUR BODY

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Emotions that take residence in our soul and spirit. They create internal cubicles and compartments. They become occupants that are in need of eviction.

**Circle the emotions that have taken residence and identify the organ that is effected**  
*(i.e., Isolation affects the heart)*

BLAME    PAIN    RESTRICTIONS    SADNESS

SECRETS    RESENTMENT    STRESS    INSECURITY

HATE    DISTRESS    RAGE    VACANT

INTIMIDATION    DEPRESSION    FEAR    ANXIETY

AGGRAVATION    TORMOIL    SHAME    LOSS

MELANCHOLIC    QUILT    ABUSE    TENSION

HOPELESSNESS    OVERWHELMED    ANGER

WITHDRAWAL    MOODINESS    ISOLATION

CONSTRICTION    VULNERABILITY



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# SUPPORT PERSON(S)

A ONENESS TEAM MEMBER CAN BE REACHED BY EMAIL AT:  
[EMOTIONALHEALTH@DRCELINAONENESS.COM](mailto:EMOTIONALHEALTH@DRCELINAONENESS.COM)

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| NAME                | CONTACT             | RELATIONSHIP           | EMAIL   |
|---------------------|---------------------|------------------------|---|
| <i>Oneness Team</i> | <i>508-696-4800</i> | <i>Oneness Mentors</i> | <a href="mailto:emotionalhealth@drcelinaoneness.com"><i>emotionalhealth@drcelinaoneness.com</i></a> |
| 1.                  |                     |                        |   |
| 2.                  |                     |                        |   |
| 3.                  |                     |                        |   |
| 4.                  |                     |                        |   |
| 5.                  |                     |                        |   |
| 6.                  |                     |                        |   |
| 7.                  |                     |                        |   |
| 8.                  |                     |                        |   |
| 9.                  |                     |                        |   |
| 10.                 |                     |                        |   |

My Safe Place (*beach, garden etc.*): \_\_\_\_\_

\_\_\_\_\_

My internal balance routine (*yoga, music etc.*): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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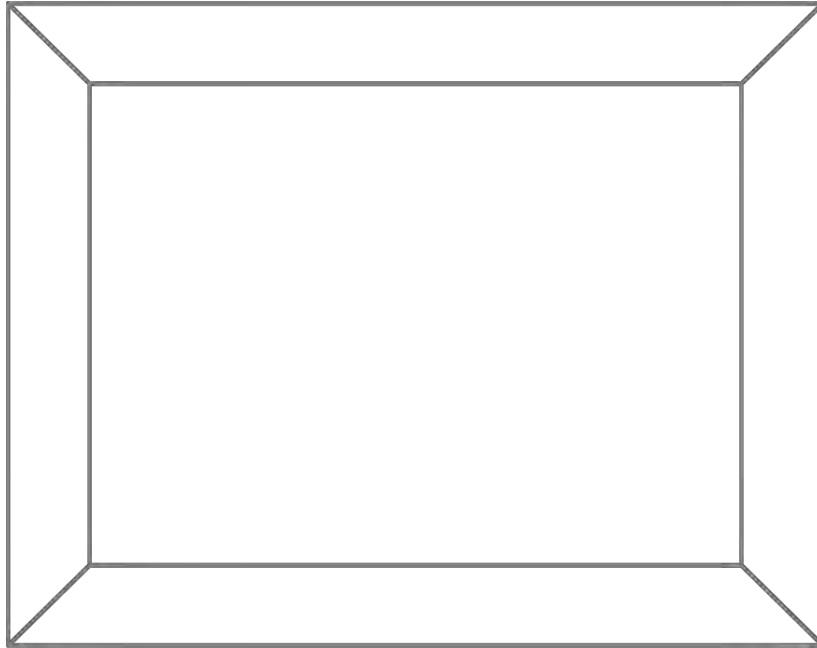
# IMAGE

I SEE MYSELF TODAY (*INSERT NATURAL PHOTO OF SELF*)

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*Picture of yourself here*

Date: \_\_\_\_\_



Create your Profile, of who you are today and how you see yourself.

I am.... \_\_\_\_\_

I am good at.... \_\_\_\_\_

Not so good at.... \_\_\_\_\_

Strengths.... \_\_\_\_\_

Weaknesses.... \_\_\_\_\_

I am liked because of.... \_\_\_\_\_

I am not liked because of.... \_\_\_\_\_

I am best when.... \_\_\_\_\_

I am not at my best when.... \_\_\_\_\_

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# KEY TO EXPOSING EMOTIONAL STORIES

LIST AND PRIORITIZE FROM MILD TO INTENSE  
(SCALE 0 MILD – 10 INTENSE)

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**A: List issues as they come to you**  
*(i.e., Divorce, bullied, beaten)*

**B: Prioritize issues from Column A**  
*(Least painful to most painful)*

|     |     |
|-----|-----|
| 1.  | 1.  |
| 2.  | 2.  |
| 3.  | 3.  |
| 4.  | 4.  |
| 5.  | 5.  |
| 6.  | 6.  |
| 7.  | 7.  |
| 8.  | 8.  |
| 9.  | 9.  |
| 10. | 10. |
| 11. | 11. |
| 12. | 12. |
| 13. | 13. |
| 14. | 14. |
| 15. | 15. |



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# KEY TO IMPACTING EMOTIONAL INTRUDERS

FROM COLUMN "B" OF "KEY TO EXPLORING EMOTIONAL STORIES"

CREATE YOUR IMPACT LIST

0 MILD IMPACT – 10 INTENSE IMPACT

INCLUDE ENCRYPTED EMOTION(S) OF: BLOCKED, STOPPED, FLAT-LINED

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| EMOTIONAL INTRUDERS   | INITIAL IMPACT | CURRENT IMPACT | INITIAL EMOTION                  | SITUATION         |
|-----------------------|----------------|----------------|----------------------------------|-------------------|
| Separation of parents | 10             | 6              | Withdrawn, depressed, flat-lined | Father moved away |



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# EMOTIONAL CUBICAL

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Write the main issue in the Cubicles below and fill the area with the appropriate aligned feelings, for instance:

|  |
|--|
| <p><b>DIVORCE</b></p> <p>Anger, sadness,<br/>fear, death, empty,<br/>loss, lost, missing,<br/>isolated, depressed,<br/>lonely, withdrawn,<br/>left out</p> |
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From the “*Key to Impacting Emotional Intruders List A or B*”; create each cubicle:

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |