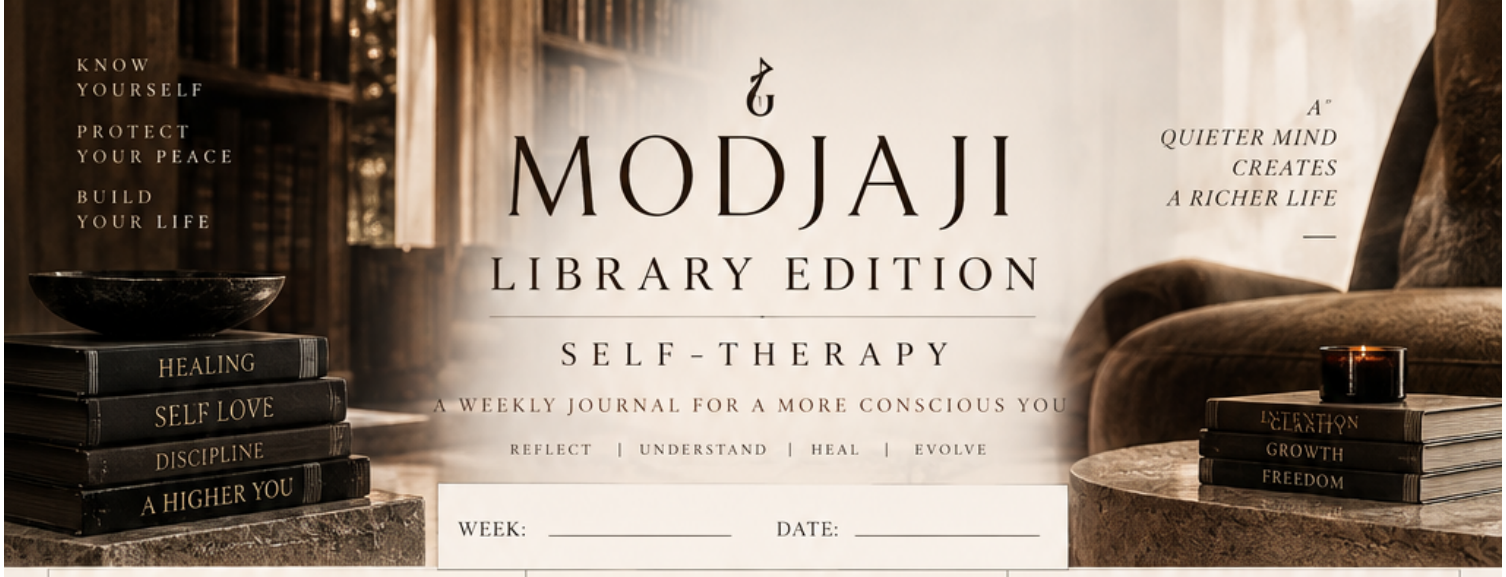


MODJAJI

LIBRARY EDITION

SELF-THERAPY

A WEEKLY JOURNAL FOR A MORE CONSCIOUS YOU

REFLECT | UNDERSTAND | HEAL | EVOLVE

WEEK: _____ DATE: _____

01 WHAT IS PRESENT FOR ME THIS WEEK?

What has been occupying my mind, emotionally or mentally? Write freely without editing yourself.

02 WHAT AM I FEELING?

What emotions are present beneath the surface?

- ☐ Anger
- ☐ Fear
- ☐ Sadness
- ☐ Anxiety
- ☐ Grief
- ☐ Shame
- ☐ Guilt
- ☐ Loneliness
- ☐ Frustration
- ☐ Relief
- ☐ Joy
- ☐ Excitement
- ☐ Hope
- ☐ Confusion
- ☐ Numbness
- ☐ Other: _____

Which emotion feels strongest – and why do I think it is there?

03 WHAT DO I REALLY NEED?

If I move beyond the emotion, what might I actually need right now?

- ☐ Rest
- ☐ Safety
- ☐ Boundaries
- ☐ Reassurance
- ☐ Connection
- ☐ Space
- ☐ Recognition
- ☐ Forgiveness
- ☐ Closure
- ☐ Support
- ☐ Change
- ☐ To be heard
- ☐ To let go
- ☐ Other: _____

What would meeting this need look like in reality?

04 WHAT TRIGGERED THIS?

What event, interaction, thought, memory or circumstance brought this feeling to the surface?

What happened?

What did I tell myself about what happened?

What part is fact, and what part is my interpretation?

05 IS THIS FAMILIAR?

Have I experienced this pattern before?

Where does this feeling or reaction feel familiar in my life?

Does this situation remind me of an earlier experience, relationship or period of my life?

What is different now?

06 WHAT IS WITHIN MY CONTROL?

I can control:

I cannot control:

One boundary, decision or action available to me is:

07 WHAT AM I LEARNING ABOUT MYSELF?

What is this week's experience revealing about me?

A pattern I am beginning to notice:

A belief I may need to question:

Something I understand about myself more clearly now:

08 WHAT WOULD I LIKE TO DO DIFFERENTLY?

If I encounter a similar situation again, how would I like to respond?

One small action I can take this week:

09 WHAT AM I READY TO RELEASE?

What thought, expectation, resentment, fear, behaviour or story no longer serves me?

I am willing to release:

I do not need to solve everything today. What can I simply acknowledge and leave here?

10 MY WEEKLY REFLECTION

Complete these sentences:

This week I realised...

I was proud of myself for...

I need to be gentler with myself about...

I want to remember...

Next week, I want to give more attention to...

CLOSING THE WEEK

ONE WORD FOR THIS WEEK:

MY INTENTION FOR THE NEXT WEEK:

A NOTE TO MY FUTURE SELF:

SIGNATURE: _____ DATE: _____

