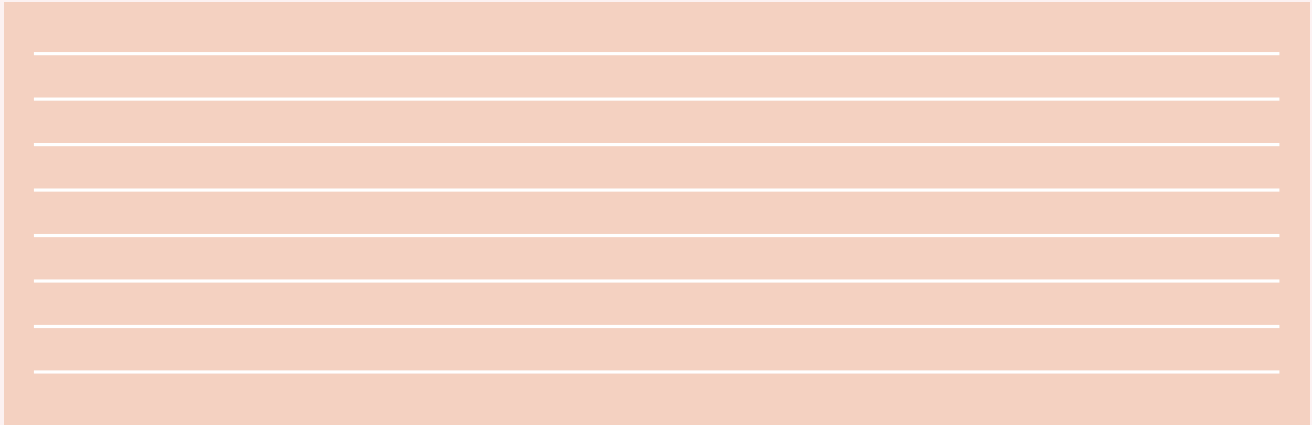
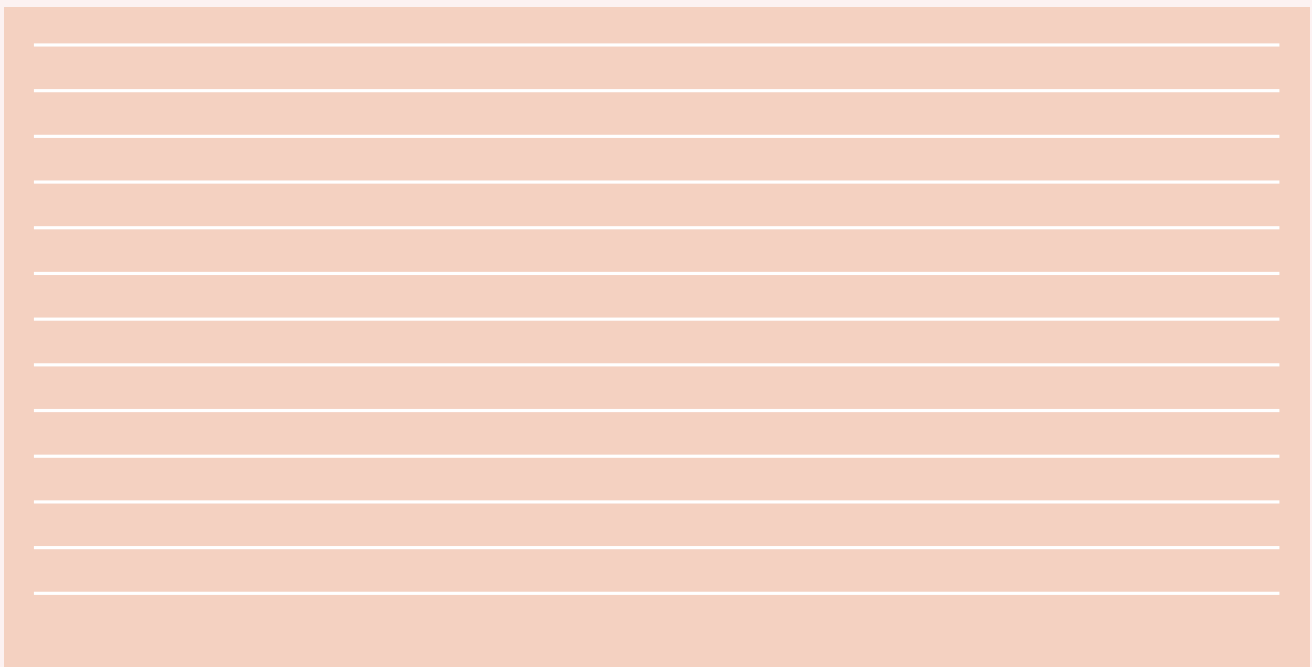


EXPLORING YOUR HEAVY EMOTIONS: JOURNAL PROMPTS

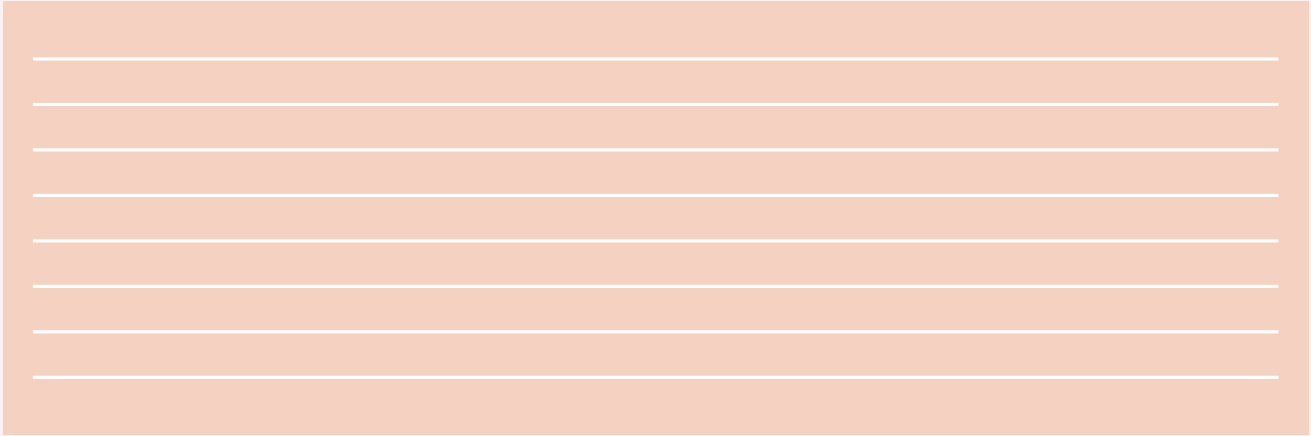
Identify the heavy and uncomfortable emotions showing up for you.



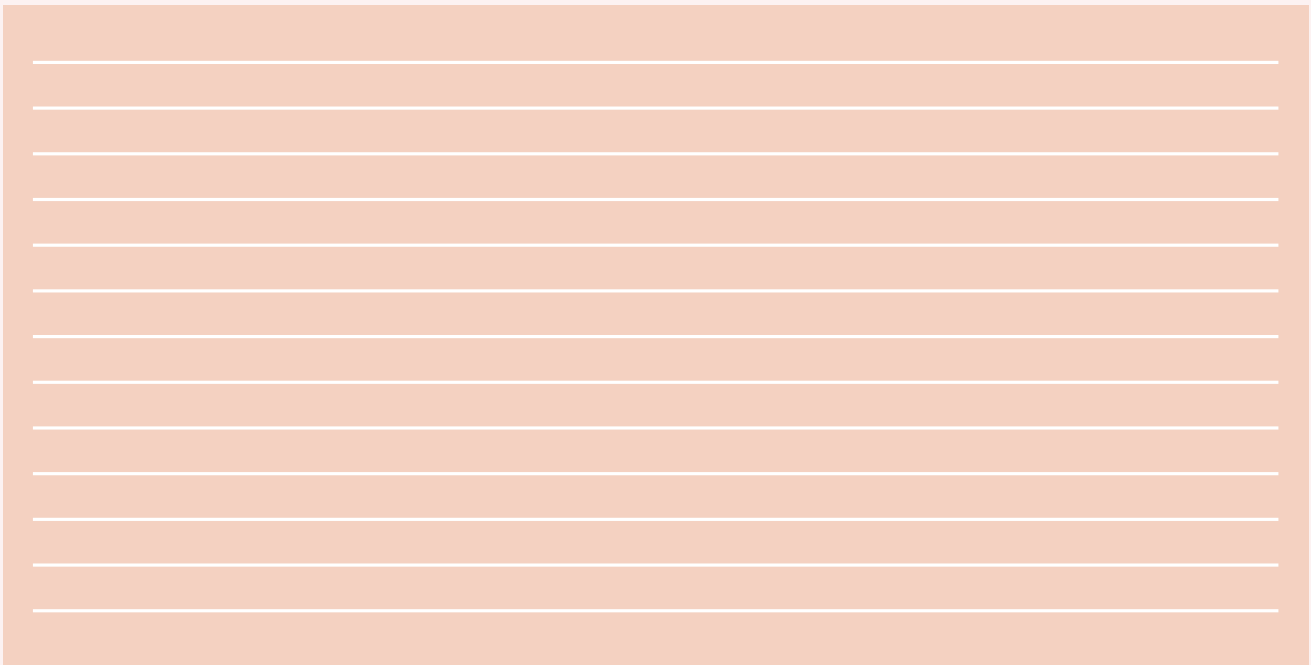
How do you most commonly address these types of emotions?



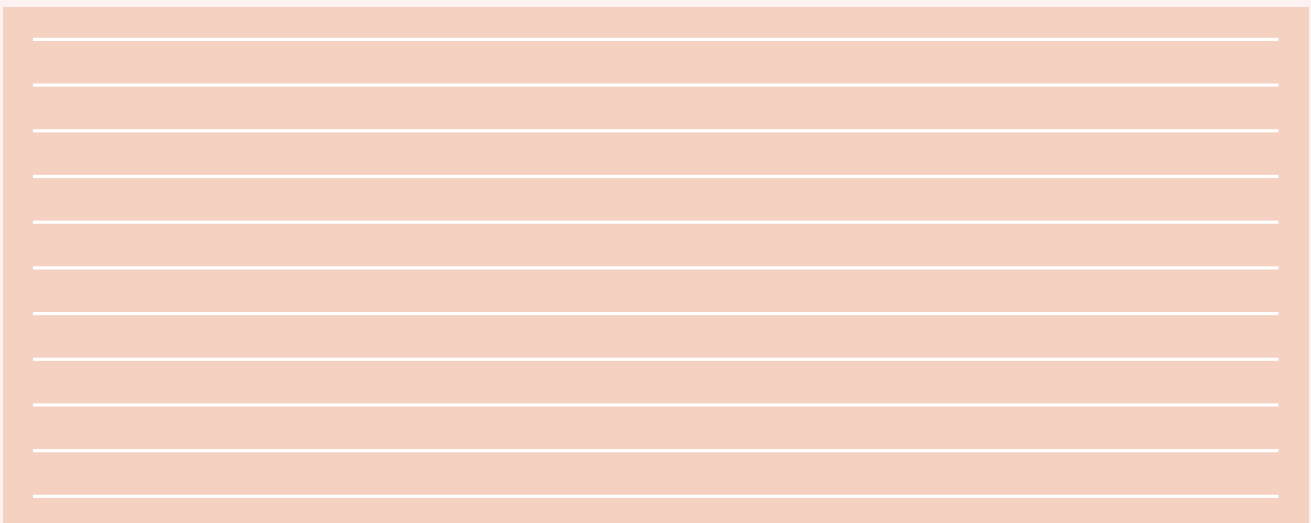
What did you learn about your current emotions from the automatic writing exercise?



How can you more deeply honor and acknowledge your emotions?



What deeper truth are your current emotions guiding you to seeing?



WALLOWING VERSES PROCESSING

Often feels victimized by others or life experiences

Acknowledges that life can be painful but understands that uncomfortable experiences are an opportunity for a deeper understanding.

Consistent "poor me narrative"

Knows that life will ebb and flow with highs and lows.

Doesn't take accountability or puts blame on external sources for the quality of their experiences

Possesses a growth mindset and is willing to examine their own behavior and cycles, exploring how these things are contributing to their difficulties.

Consistently expresses that life is unfair

Sees hardship as an opportunity for growth

Is unwilling to confront and explore the deeper message of uncomfortable emotions

Looks for the deeper meanings and lessons

