



EMOTIONAL PROCESSING JOURNAL



@COUNSELLORCRONAN



Welcome!



VALUES:

Passion for working in mental health and helping individuals

Honest and vulnerable about my own personal mental health experiences

VISION:

To see mental health statistics reduced through education, self-care, self belief and prevention strategies.

MISSION:

To up skill individuals so that they can gain education and confidence to take charge of their own mental health.

To make top quality mental health coping strategies, tools and education accessible to everyone so that you no longer have to wait to start your journey to recovery.

MY STORY:

As a young 14-year-old girl, I struggled with depression, anxiety, self-esteem, and confidence issues. Why? That is the million-dollar question. I came from a big supportive, and loving family. Yet, I suffered in silence for most of my young adolescent years, feeling isolated, alone, and hopeless. I did not seek the help I needed because I didn't know what was happening to me, I didn't understand it, and to some extent, I learned to live with it, accepting that living with those feelings was just a part of my life journey. I never fully felt happy and was never without those uncomfortable thoughts or feelings that anxiety has to offer. Yet, I continued until my life started spiraling into a direction I could not have predicted. I never had any self-confidence and never believed that I was capable of much in my life, mainly because my anxiety did not allow me to think about much else; it continued to overwhelm me and consume most of my thoughts daily.

One afternoon I found myself reading a magazine about a young happy, successful lady, and I thought that I wished I was like her, happy, because, to me, that's what success in life looks like. Then, in the same magazine, I read a quote that grabbed my attention: "At any moment, recreate your life the way you wish it to be."

I wrote it on a Post-it note and stuck it on my mirror as a reminder to create my life.

The next day I enrolled in the Bachelor of Psychology at the University.

When I started my uni course, I initially sought understanding and answers to my life. Still, over time my passion grew into something much bigger, and I knew that I had to share my story and, more importantly, I wanted to help others. So this was the start of my true journey.



EMOTIONAL PROCESSING

Emotional processing is learning to understand and process emotions and extreme events that may cause stress and move past them. When people cannot healthily process emotions, they can develop bad coping strategies that may lead to negative behaviors. Emotional processing allows individuals to deal with and release unwanted feelings that may interfere with their lives.



important tip

Learning how to process your emotions is like learning anything new - it requires patience, practice, consistency and it doesn't happen overnight.

This emotional processing journal has been designed to help you practice emotional regulation.

There are over 500 questions that will help you look deep within yourself and reflect on your processing habits.

The journal has been broken down into 13 different emotions that affect every individual at one point or another.

The ultimate aim is that by the end of the journal process, you will have gained better emotional intelligence by having the ability to understand and manage your own emotions, that will lead to stronger relationships and mental well-being.





HOW TO USE THIS WORKBOOK

Processing emotions is about learning to understand, make sense of and deal with emotions in a healthy, productive way. You might be disconnected from your feelings or so accustomed to suppressing them; they are unhealthy ways to process your emotions.

This book will help you process your emotions by -

- Having awareness and identifying your emotions and feelings.
- Have the ability to stay with and accept the feelings to process them.
- Understanding why you have the feeling to move on.
- Addressing and acting on your emotions.

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13 Ways To Deal With Negative Emotions



1. Take several slow deep breaths.
2. Identify any distorted thoughts. Are you assuming the worst case scenario?
3. Try and take a different point of view.
4. Remember that what you are feeling is temporary.
5. Process your feelings by writing them down.
6. Don't judge yourself on the basis of your feelings.
7. Practice good self care. You deserve it.
8. Look for the positives.
9. Lower your tension with exercise.
10. Apply some self compassion.
11. Take a break from the things that push your buttons.
12. Identify and label the emotion.
13. let go of the need to control your emotions.
14. Accept your emotions, try not to deny them.

“Negative feelings are like stray cats. The more you feed them, the more they hang around.”

“HOLDING ON TO ANGER IS LIKE GRASPING A HOT COAL WITH THE INTENT OF THROWING IT AT SOMEONE ELSE; YOU ARE THE ONE WHO GETS BURNED.”

BUDDHA

CHAPTER
ONE

01

ANGER

Anger is a common emotion when something has gone wrong, or someone has wronged you, for example, when you think your boundaries, values, or actions have been challenged or criticized. It is essential to process your anger correctly to move past it and not hold onto it, such as holding a grudge against someone.

Holding onto a grudge can significantly impact your mental and physical health.

“When we hold onto grudges and resentment, it’s like drinking poison and expecting the other person to get sick,” it causes us to carry harmful, nervous energy in our body, which can cause significant harm in the long run, both mentally and physically.





ANGER QUESTIONS

- Am I truly understanding the other person? Could I have misunderstood?
- Are my expectations reasonable?
- Am I angry at the right person?
- Is my anger getting me what I want?
- Is my anger out of proportion to the offense?
- How is the other person/s feeling?
- Can I change this situation?
- What was I doing before I started feeling angry? What triggered this anger?
- What feelings are underneath my anger? (Am I afraid of something? Hurt by someone? Did I not get something that I wanted? Is there an injustice going on? Am I sad?)
- Has an event like this happened to me before?
- When I started feeling angry, did I withdraw or want to fight immediately?
- Am I entirely responsible for the anger I am feeling?
- Tracing back step by step, what lead up to this moment?
- Would I still feel angry if I took away the circumstance I described?
- What outcome was I hoping for or expecting?
- Since I cannot have that outcome, what is the actual outcome now, and can I be okay with it?
- If I choose to fight, what risks and losses are involved? What is there to gain?
- If I choose to withdraw, what risks and losses are involved? Conversely, what is there to gain?
- What risks and losses are involved if I choose to confront this calmly? What is there to gain?
- Is being angry helping this situation?
- If this anger is not helping the situation, what can I do differently to help?
- Do I believe that it is okay to be angry?
- How did my parents deal with anger when I was growing up?
- How does my spouse deal with anger now?





ANGER QUESTIONS

Cont....

- What is the "right way" to deal with anger? Is that "way" true, good, helpful, healthy, and right?
- Am I angry over something worth being angry about? (You can answer yes to this question!)
- Is my anger "self-inflicted," or did someone else inflict it?
- Can I forgive myself? Am I ready to forgive the other person?
- If not, what do I need to do or what needs to happen for me to be ready to forgive myself or the other person?
- How long can I handle anger like this before it negatively affects me? How long has it been already?
- Have I expressed my anger to the person I am angry at? If not, is it possible to do so?
- If this anger is never resolved, what will that mean for me?
- What can I look forward to once this anger is resolved?
- What part do I play in resolving this anger?
- How can I communicate my position without becoming defensive or attacking when angry?"
- What can I do differently if getting angry is not working for me?
- When did my anger come out of nowhere or catch me by surprise?
- When I get angry, what are my warning signs?
- Are there any similarities between how I express my anger and how my family members express it?
- What are my family's strengths and weaknesses in expressing anger?
- What are my strengths and weaknesses when it comes to expressing anger?
- Has my anger ever gotten in the way of me enjoying life?
- What has been the worst consequence of my anger?
- Has my anger ever been physically hurtful towards another person?
- Has my anger ever been emotionally hurtful towards another person?
- Is there anybody I know who is good at managing their anger?
- How could I learn and grow from this person?
- Moving forward, what are my main three goals for expressing, processing, and managing my anger?



“

YOU CAN'T DWELL ON
DISAPPOINTMENT. YOU'VE
GOT TO TAKE THE POSITIVES
AND KEEP LOOKING AHEAD

”

CHAPTER
TWO

02

AJ TRACEY



DISAPPOINTMENT

Disappointment is the negative emotion you feel when someone or something is not as good as you hoped or expected; thus, the outcome doesn't match your expectations.

Why does disappointment hurt so much? And, more importantly, how do we process disappointment?

While it might be tempting to handle disappointment by avoiding it altogether, it has been said that disappointment is inevitable in life as we naturally place expectations on everything we do. Therefore, overcoming disappointment is a critical life skill and will make accepting and moving on much more accessible.





DISAPPOINTMENT QUESTIONS

- What has been your biggest disappointment in your life?
- Think about a time when something didn't go well even though you tried very hard. How did you deal with it?
- What do you do when you get frustrated or mad at yourself?
- When things seem to be going wrong, what can you do to make yourself feel better?
- Have you ever felt the same way? How did you handle it?
- Do you think you were taking things too seriously? How can you tell if you are taking something too seriously?
- Could you describe a time when you tried to mask your disappointment? What methods did you employ? If something important doesn't turn out as you had hoped, what are some helpful ways to deal with your disappointment? Conversely, what are some harmful ways?
- How can you keep from getting angry and upset when things go wrong?
- Are there times when quitting something difficult is the right thing to do?
- What can happen if you always want everything to be perfect?
- Have you ever purposely disappointed someone?
- Is losing the same thing as being a loser? Is failing the same thing as being a failure?
- Have you ever been disappointed in a good way?
- What can you say or do to help a friend overcome disappointment?
- When you're experiencing disappointment, are you the type of person to wallow in it until you're numb and gradually move on, or do you attempt to see deeper into the opportunity given to you?

5 Questions to Consider When Drowning In Disappointment

- Why am I disappointed?
- Is there anything that I could have done to prevent it?
- How will I perceive this disappointment in five years?
- What can I learn from this?
- What advice would I give a friend?



“

“DON'T BE AFRAID OF YOUR FEARS. THEY'RE NOT THERE TO SCARE YOU. THEY'RE THERE TO LET YOU KNOW THAT SOMETHING IS WORTH IT.”

”

– C. JOYBELL C
BUDDHA

CHAPTER
THREE

03



FEAR

Fear is a natural, powerful, and unpleasant human emotion to a particular thing or a situation. Everyone experiences fear as it alerts us to the presence of dangers, whether they be real dangers or imagined. Although fear is often thought of as a negative emotion, fear serves an important role in keeping us safe as it mobilizes us to cope with potential danger.

However, if fear is not processed correctly, it can end up holding us back from unleashing our true potential in life, such as fear of failure, not being good enough, and especially a fear of change.

So, the key to stopping fear from holding you back is to work alongside your fear by accepting it and being true to yourself.





FEAR QUESTIONS

- What are you afraid of?
- Should you be afraid of the process or the result?
- Can you handle the process? Can you handle the outcome?
- Do you feel confident in your abilities to perform?
- Do you feel you have to perform and don't want to?
- Are you pressuring yourself to decide quickly when you don't have enough information?
- Can you get more information?
- Is your sense of worth at stake in this moment? If so, why? Can you drop the question of worthiness?
- Are you trying to protect yourself from a particular outcome? If so, why? Do you need to be equipped to handle the outcome, or do you feel inadequate?
- Can you read a book, take a class, or do a Google search to feel more knowledgeable?
- Do you know someone in this position who can provide details about what feels abstract and scary? Can you ask them honest questions?
- Are you scared that you may make a mistake? Are you allowed to make mistakes?
- Are you scared, or were you told this is scary, so are you adopting another's fear?
- Are you scared of being wrong? Is your self-worth tied to being right? If so, why? Can you allow yourself to be wrong?
- Are you scared of feeling a feeling because the feeling is overwhelming?
- Can you allow yourself to feel an overwhelming feeling and know that it will pass?
- Are you putting all your eggs in one basket and pressuring yourself to succeed on the first attempt? Is there a way to diversify your efforts?
- Are you scared of what another person might think of you?
- If someone has a negative opinion of you, how will that impact your day-to-day life?
- When was the last time you felt this fear? Do you think you'll be able to handle this situation differently than the last time you felt this specific fear?
- On a scale of one to 10, ten is the best, and one is the worst. So how do you usually handle fear?





FEAR QUESTIONS

Cont....

- What do you HATE doing, and how does it make you feel? Do you hate it because it triggers a more profound fear within you? What fear?
- Why do you think we feel fear?
- Is there something you want to do or a passion or dream you have but aren't doing because you're scared? What is it, and what are you afraid of?
- What types of topics make you uncomfortable to talk about? Why? Is it based on a fear?
- Are you in an unhappy, unhealthy, or dysfunctional relationship you are scared of getting out of? Why? What are you afraid of? (fear of being alone, not finding someone else, being hurt, not being loved)
- Do you fear the truth? Are you afraid of hearing the truth? Why?
- How do you feel around authority figures? Scared, nervous, shy, uncomfortable, etc. What deeper fear is this based on?
- Are you afraid of what other people think of you? What about it scares you most?
- Are there any positives that can come from feeling fearful?
- When has feeling fear helped you?
- Have your fears changed over the years?
- Has any of your fears grown or gotten worse?
- Does uncertainty and "not knowing" scare you or make you uncomfortable? What about it scares you?
- How do you feel about change? Does it scare you? What about it scares you?
- How does your family handle fear?
- Have you learned any 'fear' habits from your family members?
- Has fear ever stopped you from moving forward?
- Are you comfortable with being vulnerable? If not, why not? Can you find a deeper reason for me?
- Do you enjoy being alone? If not, why not, and what deeper fear is it based on?
- Is your fear linked to other emotions?
- What has been the most challenging thing about dealing with fear?



“

BEING HONEST ABOUT OUR FEELINGS IS THE BEST WAY TO BEGIN. NEVER ALLOW GUILT TO RULE, BECAUSE GUILT IS A WASTED EMOTION.

”

CHAPTER
FOUR

04

- VICTORIA GIRAUD



GUILT

Guilt is a moral emotion, a self-conscious feeling that involves negative evaluations of the self. It describes a sense of regret or responsibility that relates to actions taken. Most of us feel guilt from time to time - it's part of our human nature and completely normal.

Guilt falls into two categories: healthy, appropriate, and unhealthy, irrational guilt.

Irrational guilt can be described as when we mistakenly take responsibility for a situation or overestimate the suffering caused. This type of guilt can be very damaging if we don't take steps to resolve it, as it has been linked to mental illnesses.





GUILT QUESTIONS

- What is guilt?
- What do you feel guilty about?
- Do you have guilt that you have been unable to let go of?
- Is there a way to make amends for what you've done? How?
- What's holding you back from moving on?
- What can you learn from this situation?
- Is guilt always a negative emotion?
- What are your signs of guilt?
- How often do you deal with guilt?
- How can values help with guilt?
- How do you deal with guilt?
- When you think of "guilt," what words or images come to mind?
- Do you generally lean more toward wallowing in guilt or denying it?
- Why is guilt so variable? Some people do bad things without feeling guilty, and others feel guilty for minor wrongdoings.
- Do you feel guilty for actual wrongdoing or something outside your control?
- Would you categorize your guilt as healthy or excessive, and why?
- Is your guilt generated from within you? Does it come from an external source or person, or does it stem from an experience?
- When was the first time you remember feeling guilty? What did you do to resolve that guilt?
- Was there a time when you had to confront someone about their guilt? What did you do? If you had it to do again, would you do anything differently?
- When you experience guilt, do you respond by making others pay for it, dismissing it, or hiding it? Why do you think you react the way you do?
- How do you know if someone is trying to guilt trip you?
- How do you think guilt may be expressing itself in your current relationships?
- How can your guilt lead to you having anger and judgment toward others?
- When do you notice yourself feeling guilty or shameful?
- When are you guilt or shame free?
- What's different between those instances?
- If guilt or shame were trying to tell you something, what might that be?
- Considering the context, you're experiencing guilt or shame. Would it be better if you didn't feel that way?
- If guilt or shame had a voice, which person in your life would it sound most similar to?
- If guilt or shame had a mission statement, whose agenda would that most closely approximate?
- Do you think there are long-term consequences of holding onto guilt?
- What coping skills have you used to move on from guilt?
- Where does your guilt come from?



“YOU’RE JEALOUS OF THEIR LIFE
BECAUSE YOU ARE UNHAPPY
WITH YOUR OWN LIFE.
MAKE CHGANGES IN YOUR OWN
LIFE SO THAT YOU WILL BE
HAPPY WITH IT.”

– SONYA PARKER

CHAPTER
FIVE

05

JEALOUSY

Jealousy is a combination of feeling insecure, overwhelmed, scared, and at a loss. It can also be a feeling of resentment because of another's success or advantages.

Jealousy may be driven by low self-esteem, poor self-image, a lack of trust, or unhealthy thinking patterns.

Jealousy can be a powerful emotion, and although if it is processed correctly, it can lead to many positive outcomes, if it is not processed or dealt with, it can lead to negative thinking and behaviors. If it is left untreated, it can make one act in a way that can be highly destructive.





JEALOUSY QUESTIONS

When we let jealousy control our life, we aren't truly living. Instead, we're rotting away. When we're jealous of others, we're not thankful for our blessings in our own life.

- How would you define jealousy?
- Do you think everyone gets jealous?
- What is healthy vs. unhealthy jealousy?
- What have you been jealous of in the past?
- Is there anything that you are jealous about now?
- Is there anyone that you are jealous about?
- Why are you jealous of this person?
- How do you process jealousy?
- Do you hold onto jealousy for long?
- Is it bad to get jealous?
- Does this person know that you are jealous of them?
- When you are jealous, do you feel happy?
- When you're jealous, do you feel at peace?
- What do you think about the Bible verse comparing jealousy to rotting bones? Does that make you think differently about jealousy?
- When you focus on being thankful for what you have, is it harder to be jealous of others? Why do you think that is?
- Are you content with your life and the things in it? Why or why not?
- Do you think that you would be less jealous if you were content with yourself and your life?
- Being selfish leads to jealousy, and being selfless makes jealousy go away. So what could you be selfless and think of others more than yourself this week?
- Do you think that comparing yourself to others is what leads to you being jealous of them? Do you want to stop comparing yourself to others? Why or why not?
- What lessons can you learn from your past jealousy?
- Is there any part of you that feels insecure, invisible, or underappreciated?
- What are you longing to do, be, or have?
- What is stopping you?
- How can you become inspired by jealous feelings?
- How can you turn it around and create something?
- Where does jealousy live in your body?
- What are three small actions to feel better about yourself when you feel jealous?





RELATIONSHIP JEALOUSY QUESTIONS

Jealousy is a sudden feeling rooted in insecurity and trust issues. When your insecurities within yourself and in your relationship start to take over your thoughts and emotions at a rate that begins to consume you, it could grow into unhealthy relationships.

- Have you ever had uncontrollable urges to contact your partner and question them throughout the night when they are out with their friends?
- Do you get suspicious when your calls go unanswered or your partner doesn't immediately text you?
- Do you interrogate them to find out everything about where they were, who they were with, and what they were doing?
- Do you get jealous about your partner's social media accounts?
- Does your jealousy seem to come out of nowhere and escalate to an uncontrollable point extremely fast?
- Do you have your partner's passwords to monitor their communications whenever you want, such as their phone calls, text messages, social media messages, etc.?
- Do you feel uneasy when you are not spending time with your partner and start feeling jealous?
- Does your jealousy hurt or help your relationship?
- How common do you think jealousy is in a relationship?
- What has caused jealousy in your relationship?
- How can you move past that jealousy?
- Do you truly trust your partner?
- How can you trust your partner even more?
- Have you been jealous in every relationship that you have been in?
- If so, what is it that you need to resolve within yourself?
- Do you think you should be able to control someone in a relationship?
- When someone tries to control you, how does it make you feel?
- Was jealousy ever an impediment for either of you in doing something freely?
- Is there trust between the two of you?



“

RESENTMENT ALWAYS
HURTS YOU MORE THAN IT
DOES THE PERSON YOU
RESENT.

”

CHAPTER
SIX

06

- RICK WARREN



RESENTMENT

Resentment is a strong and painful bitter emotion you feel when someone does something wrong to you; it may or may not have been deliberate, but nether do you think someone has done something wrong to you.

If you resent something or someone, it usually means that you haven't let those feelings go,

Several situations can cause the feeling; however, they all involve an individual's sense of injustice or wrongdoing.

Resentment grows more powerful when we are unwilling to forgive and release emotional pain. These negative feelings are felt by disrupting the body's energy and manifest in physical pain and disease.





RESENTMENT QUESTIONS

- How would you define resentment?
- Do you think everybody has experienced resentment?
- Why do some people hold onto resentment more than others?
- What have you been resentful about?
- Are you holding onto any resentment now?
- Where do you feel resentment in your body?
- What or whom are you trying to forgive?
- What images or views come to mind when you think about resentment?
- What do you think are the consequences of holding onto resentment?
- Can you see how taking this too personally keeps you stuck in resentment?
- Have you ever tried to let go of your resentment?
- What is holding you back?
- Have any positives ever come from being resentful?
- Is resentment a feeling that is in or out of your control?
- Does resentment show in your actions or behaviors?
- Has resentment ever stopped you from doing something that you love?
- If your resentment could speak, what needs could the resentment wish have been filled?
- What do you wish could happen to resolve your resentment?
- Is it possible to forgive? In other words, can you conceive of letting go of your bitterness, grudge, and resentment but not necessarily the wish for accountability?
- If you can't forgive - can you be merciful?
- Can you at least offer yourself self-compassion for carrying this difficult emotion?
- What work in the world could you engage in to ease the causes of resentment in yourself and others?
- How might you value all of yourself and hold this wound with care so that it doesn't impair your growth?
- Ask yourself, 'Am I ruminating?' Then, take this opportunity to step out and beyond negative thinking.
- Is your resentment worth holding onto?
- Whom is your resentment hurting the most?
- Do you think my resentment serves you well?
- Does your resentment change your situation for the better?
- Does your resentment improve your relationship with others?
- Whom does your resentment hurt? You? Others?
- Will this feeling of resentment matter in 10 years?
- What advice would you give a friend if they were in your situation?
- Do you have all of the facts, or have you viewed the situation only from your perspective?
- Is it possible that people make mistakes?



“

WHEN YOU FORGIVE, YOU IN
NO WAY CHANGE THE PAST -
BUT YOU SURE DO CHANGE
THE FUTURE.

”

- BERNARD MELTZER

CHAPTER
SEVEN

07

FORGIVENESS

Forgiveness means a conscious, deliberate decision to release feelings of anger and resentment toward a person or group who has harmed you, regardless of whether they deserve your forgiveness. Forgiveness doesn't necessarily mean reconciliation; you do not have to return to the same relationship; it is simply a way of moving on and letting go.

Allowing yourself to forgive is a way of clearing your mind; it removes the need to focus all your energy on the hurt and will enable you to channel that toward something better

Research has consistently shown that happy individuals are more prone to forgive,





FORGIVENESS QUESTIONS

- How do you define forgiveness?
- What do you dislike about the idea of forgiving? What do you like about it?
- What is the relationship between love and forgiveness?
- Do you choose to forgive?
- Why do we have to forgive?
- Why should you forgive a person who has hurt me?
- Why is forgiveness important?
- Do you do yourself a favor when you forgive?
- Why do people not forgive?
- Why must we forgive someone when they know what they are doing?
- Why should you forgive instead of holding a grudge?
- How does forgiveness impact your health?
- What are the steps in forgiving?
- How do you forgive people who have wronged us?
- How do you forgive someone who is not sorry?
- How do you forgive someone for betrayal?
- How do you forgive in a marriage?
- How do you forgive someone who does not recognize they hurt you?
- How do you forgive someone who is not present anymore?
- How do you forgive someone I do not know?
- How do you forgive someone you despise?
- How do you forgive yourself?
- When someone forgives, why do they still talk about it?
- Why is it hard to forgive?
- Should we forgive and forget?
- What are the effects of holding grudges over time?
- How do grudges change a family?
- How can you ask for forgiveness?
- How do you know if you have been forgiven?
- Can you force someone to forgive me?
- What are some of the negative aspects of forgiveness that prevent it from being used?
- Why are feelings important in the forgiveness process? What can happen if you avoid your feelings?
- Why is self-forgiveness essential?
- What happens to you when you forgive? What happens to the other person?
- Who benefits the most from forgiveness?
- Which benefits of forgiveness were the most valuable to you in your situation?
- What are some of the other benefits of forgiving?
- What are some payoffs (benefits) of not letting go of your upset?



“

THE WORD ‘HAPPY’ WOULD
LOSE MEANING IF IT WERE
NOT BALANCED BY
SADNESS.

”

CHAPTER
EIGHT

08

CARL JUNG



SADNESS

Feelings come and go, and feeling sad from time to time is a very natural human emotion. Although sadness can sometimes function as the secret ingredient for happiness, feeling appropriate sadness is good. It can make you feel happier because you're more aware of and in tune with your real emotions.

Sadness is a vital emotion we can't turn off; even if we could, we shouldn't want to. We experience sadness in our lives to better appreciate and be grateful for the happy times in our lives. Think of it this way, if we never felt the lows of sadness, we wouldn't understand what the highs of happiness felt like.





SADNESS QUESTIONS

- How do you define sadness?
- Do you think everyone feels sad sometimes?
- What have you been sad about in the past?
- What are you sad about now?
- Do you cry when you are sad? If, no why?
- Do you let people close to you know when you are sad?
- What are the benefits of holding your sadness in?
- What are the benefits of letting out your sad emotions?
- When was the last time you cried?
- Do you feel better when you cry?
- How do you process your sad feelings?
- What was the hardest thing you have ever faced?
- Can there be happiness without sadness?
- Do you think crying is a sign of weakness or strength?
- What is the difference between living and existing?
- Does feeling sad mean you are not happy?
- Are you comfortable in talking about your feelings?
- Do you like to be alone when you are sad
- When you feel sad, is it linked to something that you don't like about yourself?
- Do you have any unresolved feelings of sadness?
- If so, how can you deal with them?
- Do you feel safe when you feel sad?
- How did your family deal with sadness?
- Did you ever see your Mum or Dad cry?
- Do you suppress your feelings?
- Do you think your sadness is expressed in other emotions, such as anger or frustration?
- What are your sad triggers?
- Do you avoid anything because it makes you sad?
- Are there any songs or movies that make you sad?
- Is feeling sad in or out of your control?
- Are there any positives from being sad?
- Do you think there is a time frame or limit on how long you can be sad?
- When you are feeling sad, who do you talk to?
- If you felt sad for an extended period, would you consider seeing a professional to help deal with your emotions?
- What do you typically do when you are sad?
- Are you a deep thinker?
- What can you do to better cope with processing sadness?
- Do you think that feeling sad is only temporary?



“

“DO NOT ANTICIPATE
TROUBLE, OR WORRY ABOUT
WHAT MAY NEVER HAPPEN.
KEEP IN THE SUNLIGHT.”

”

— BENJAMIN FRANKLIN

CHAPTER
NINE

09



WORRY

A worry is a feeling of unease, fear, or nervousness when thinking about unpleasant things. It is a type of thinking, often about something that might happen in the future, leaving you feeling frightened, nervous, or anxious. Some people call it worries, anxiety, or stress.

People that worry a lot often feel very nervous about the potential dangers of what could or might happen in certain situations.

Everybody experiences worries; however, if you are starting to feel worried more often or if you can't seem to stop thinking about your worry and it is leaving you feeling upset, then learning how to process your worries is going to help you manage your worries so that they don't bother you anymore.





WORRY QUESTIONS

- How do you define worry?
- Does everyone feel worried from time to time?
- What have you been worried about in the past?
- What are you worrying about now?
- Is there a specific worry that you can't let go of?
- What caused you to be worried about this?
- Do you talk to anyone about your worry?
- When you feel worried, how long does the feeling typically last?
- Have you ever been so worried that it stopped you from doing something?
- Where do you feel worry in your body?
- How do you feel about your worries?
- What are your worry triggers?
- Have your worries grown so big that they are now out of control?
- What are the physical effects of being worried?
- Do you think feeling worried all the time has any negative effects on your health?
- When you are worried, do you also experience any other feelings?
- Do you write in a journal about your worries?
- Would you speak to a professional if your worries were getting too big to handle?
- When you are worried, precisely what are you predicting will happen?
- How likely (0% to 100%) is it that this happen?
- How negative an outcome are you predicting (from 0% to 100%)?
- What is the worst outcome?
- The most likely outcome?
- The best outcome?
- Are you predicting catastrophes (awful things) that don't come true?
- What are some examples of the catastrophes that you are anticipating?
- What is the evidence (for and against) of your worry that something terrible will happen?
- If you had to divide 100 points between the evidence for and against, how would you divide these points? (Eg, would it be 50-50? 60-40?)
- Are you using your emotions (your anxiety) to guide you? For example, are you saying to yourself, "I feel anxious, so something really bad is going to happen"?
- Is this a reasonable or logical way to make predictions? Why/why not?
- How many times have you been wrong in the past about your worries? What happened?
- What advice would you give to a friend?
- Will this worry matter tomorrow, next week, a year, or five years from now?
- If you believed worrying is helpful, how willing would you be to give it up?
- Do you have control over the situation?
- Who can I talk to about these worries?
- Have you worried about this already? If so, what was the outcome?



“ THOSE WHO CANNOT WORK WITH THEIR HEARTS ACHIEVE BUT A HOLLOW, HALF-HEARTED SUCCESS THAT BREEDS BITTERNESS ALL AROUND. ”

CHAPTER
TEN

10

A. P. J. ABDUL KALAM



BITTERNESS

Bitterness is the result of keeping a grudge, of not forgiving. Bitterness typically starts with anger or emotional hurt, maybe someone offended you, and you held onto that pain.

Regardless of the cause, bitterness is something that we are better off without.

Left unchecked, bitterness could weaken relationships, close you off from new opportunities, rob you of energy, ruin your health, or even provoke you to act in destructive ways to yourself and others.

Dealing with bitterness is not a quick process; you need to reflect on your feelings, convince yourself to let go, and direct your energy toward the future.





BITTERNESS QUESTIONS

- What is bitter?
- Is bitterness the same as jealousy?
- What caused your feelings of bitterness?
- Do you ever find yourself lashing out at others in anger?
- Do you find yourself replaying past hurts over and over again?
- Do you ever notice a sour attitude toward life?
- Do you find it difficult to say, "I am so sorry; please forgive me?"
- Have you come to expect people to let you down?
- Is it difficult for you to smile?
- Is it difficult for you to sleep well at night?
- Do you often find yourself telling others how someone has hurt you?
- Do you find yourself being cynical and sarcastic?
- Do you find yourself complaining throughout the day?
- Do you think bitterness can affect your health?
- What actions can you take not to feel bitter anymore?
- What about the situation upsets you
- Do you hold onto grudges?
- Do you feel like you have a lot in life to complain about?
- What are you grateful for in your life?
- Do you want only bad things for those who have hurt you?
- Do you get jealous of anything good that happens to others?
- Can you share in someone else's joy?
- Do you act out if you don't get attention?
- Are you quick to blame others for their problems?
- Do you have positive to say about positive people?
- How can I deal with our feelings instead of letting them grow into bitterness?
- What does my bitterness cost me?
- Bitterness is fascinating. How can we all struggle with something that consistently fails to provide happiness?
- Do you find it hard to forgive others?
- Do you often forgive yourself?
- Is your bitterness coming from any other unresolved feelings?
- Do you believe that things will never get better?
- Is bitterness a feeling that you have control over?
- Is there anyone in your life that is bitter all the time?
- How do you feel about that person?
- Do you like being around people that are negative and bitter?
- What causes others to be bitter in life?
- Do you think bitterness will eventually cause loneliness?
- What steps can you put in place to feel less bitter?



“

GRIEF CHANGES SHAPE,
BUT IT NEVER ENDS.”

KEANU REEVES

CHAPTER
ELEVEN

11



GRIEF

Grief is such a wide topic that covers so many kinds of losses and an almost infinite range of emotions, Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness.

Grief is inevitable; at one point in everyone's life, they will experience it and go through the waves of emotions that come with it. However, even though everyone experiences it, everyone processes grief so differently. Grief is complicated, but if processed correctly, you can turn those feelings of pain and sorrow into something meaningful and beautiful.





GRIEF QUESTIONS

- What is grief?
- Is grief only experienced when someone dies?
- When else can you experience grief?
- Where do you feel grief in your body?
- Have you ever lost someone? What was your experience like?
- Does the grief ever go away?
- What was your relationship like with the person you are grieving?
- What was your favorite memory of this person?
- What was your last memory of the two of you together?
- What would you have said if you knew it would be the last time you saw each other?
- How has your life changed since the death of your loved one?
- Who do you turn to for help?
- Has anything surprised you since the passing of your loved one?
- Do you like to talk about your loved one?
- Everyone handles death differently; how do you think you have taken things? Do you ask for help, or what coping skills have you used?
- What time of the day do you find the hardest?
- Do you like to reminisce about your loved one by sharing stories, listening to music, or looking at photos?
- Some people get awkward around death; why do you think that is?
- How would you like people to support you more?
- Do you feel like you need closure? If so, what could help you get it?
- Did you have a funeral or memorial service? Talk to me about that experience.
- If you could see your loved one now, what would they say to you?
- What does hope for the future look like for you now?
- Have you had to change your plans for the future?
- How can you continue to honor your loved one?
- Do you have any regrets? If so, how do you think you can overcome them?
- What do you miss the most?
- How are you feeling right now?
- Is there anything you have been avoiding, anyone, or any places?
- Do you think you have accepted the death of your loved one?
- What do you need the most help with in life at the moment?
- They say that healing is not linear. What does this mean to you?
- Do you think your loved one is at peace right now?
- Do you ever feel the presence of your loved one?
- Do you believe in an afterlife?
- Is it ok to cry when you are feeling grief?
- Do you experience any other feelings when you grieve?
- Do you ever feel like you need to hide your grief?
- Do you embrace the pain so you can let it go more quickly?



“ KEEP SMILING, BECAUSE
LIFE IS A BEAUTIFUL THING
AND THERE’S SO MUCH TO
SMILE ABOUT.

”

– MARILYN MONROE

CHAPTER
TWELVE

12



HAPPINESS

Have you ever really thought about what happiness is? Everyone would define it differently, but for the most part, it refers to a range of related emotions when one has a positive experience. It's the feeling of truly enjoying your life and wanting to make the best of it.

Happiness isn't something that happens to you. Everyone has the power to make small changes in their behavior, surroundings, and relationships that can help set us on course for a happier life.

Happiness ultimately comes from within; we can not rely on anyone or anything to make us happy.





HAPPINESS QUESTIONS

- What is happiness?
- Does everyone experience the same kind of happiness?
- On a scale of one to ten, with ten being the most, how happy are you now?
- How would you define "peaceful" and "content" for yourself?
- What are you grateful for?
- Thinking long-term, when are you the happiest?
- How do you respond when you are unhappy and move past this unhappiness to re-center?
- What do you do to give back to others?
- What gives you energy?
- What people in your life fuel you and, in return, are fueled by you?
- What do you value, and how are you living each day according to those values?
- Do the people in your life align with your values?
- Are there areas in your life where you are compromising? In my experience, compromising will undoubtedly weigh on your happiness.
- Do you need help to please yourself or others? Conversely, could you be more challenging to please?
- Are you happy when you wake up in the morning? Why, or why not?
- Where would you be if you could transport to the happiest place in the world?
- What activity or hobby do you feel happiest doing?
- Is your happiness dependent on other people or yourself?
- Do you feel that happiness is luck or a practiced mindset?
- What is something small that always makes you smile?
- What is something about you that has never changed since you were little?
- What would your younger self tell your current self to do today?
- Is the fear of failure holding you back from any particular goal?
- At age 100, what would be one thing you would regret not doing/trying?
- What special thing, event, or experience makes you happy when you think about it?
- Is being happy important to you, and why?
- What does a person need to do to be happy?
- What role does happiness play in being successful?
- How important is happiness as it relates to health and wellness?
- Do you set goals in your life?
- Is there anything that you could buy that would give you ultimate happiness?
- What are you most grateful for?
- Name the top 3 peak experiences in your life. What do they have in common? What does this tell you about yourself?
- What did you dream of becoming when you were a kid?
- What are your strengths and values?



“

SHAME IS THE MOST
POWERFUL, MASTER
EMOTION. IT'S THE FEAR
THAT WE'RE NOT GOOD
ENOUGH.

”

CHAPTER
THIRTEEN

13

-BRENE BROWN



SHAME

Shame can be defined as a feeling of embarrassment or humiliation that arises from the sense that something is fundamentally wrong about oneself.

Shame involves a painful scrutiny of oneself, a feeling that "I am an unworthy, incompetent, or a bad person.

Shame has a central social component and involves fears of being judged, criticized, or rejected by others rather than just judging oneself.

Persistent shame is closely correlated with poor self-esteem and an overall negative self-concept. Learning more about your shame can help you deal with those unresolved feelings.





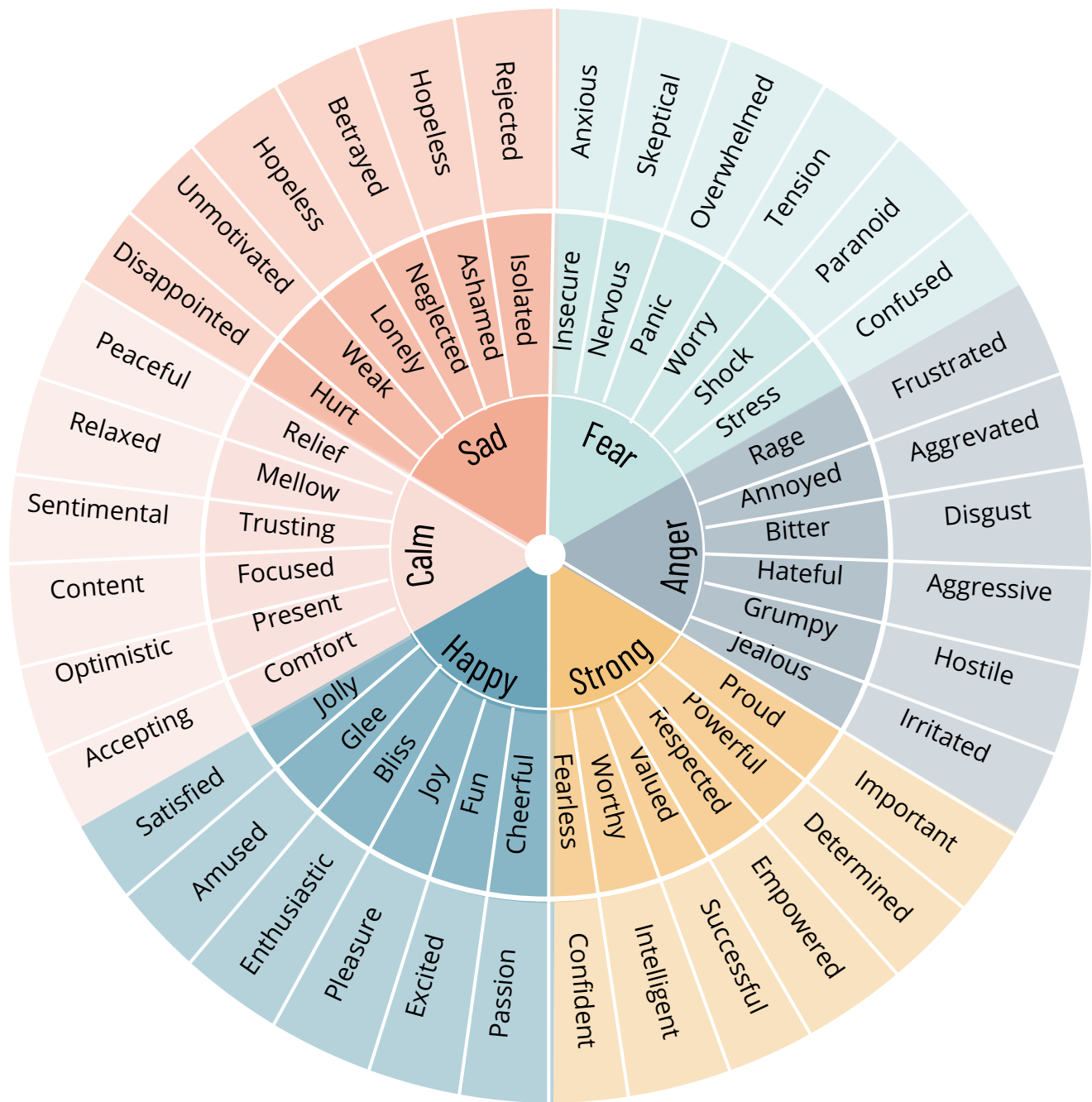
SHAME QUESTIONS

- What is shame?
- Why do people feel shame?
- Are you experiencing any shame right now?
- What about the past? Was there something you felt shameful about?
- What triggers your shame?
- Where do you feel shame in your body?
- Are shame and guilt the same thing?
- When you think about your shameful experience, what images come to mind?
- How did you overcome your past shame?
- What coping skills could help you deal with your present shame?
- Do you feel shameful when you make mistakes?
- Do you consider yourself a perfectionist?
- Is it ok to make mistakes?
- Do you think anyone is perfect?
- Does perfect even exist?
- Do you learn and grow from your mistakes?
- How has shame impacted your life?
- Does feeling shameful lower your self-esteem or confidence?
- How much time do you spend thinking about shame?
- Do you ever punish yourself when you are shameful?
- What do you think caused your shame?
- Do you judge yourself harder than you judge other people?
- Were your parents hard on you growing up?
- Did you ever get punished for making mistakes?
- Do you ever awaken at night going over conversations I've had with people?
- Do you get embarrassed quickly?
- When you feel shame, do you try breathing through your thoughts and feelings?
- When you feel shame, do you still like or love yourself?
- Do you ever make a fool of yourself?
- Do you ever let your hair down and be silly?
- Do you feel uptight often?
- How easily do you find it to relax around other people?
- Do you worry about what other people think of you?
- Do you try hard not to do things wrong to avoid being blamed or criticized?
- Do you believe that everyone has limits in life?
- What are your limits?
- Are your expectations of yourself set too high?
- Do you numb your feelings?
- How do you express your shameful feelings?
- Do you ever praise yourself?
- If not, why?



Reflection Page

Feelings Wheel



List of Emotions



Ambitious	Hurt	Shocked	Grateful
Amazed	Inadequate	Silly	Agitated
Angry	Insecure	Stupid	Fed up
Annoyed	Inspired	Suspicious	Mad
Anxious	Irritated	Tense	Outraged
Ashamed	Jealous	Stressed	Focused
Bitter	Joy	Terrified	Alarmed
Bored	Lonely	Trapped	Fearful
Comfortable	Lost	Uncomfortable	Offended
Confused	Loving	Worried	Cool
Content	Miserable	Worthless	Ecstatic
Determined	Motivated	Uncertain	Surprised
Disgusted	Nervous	Upset	Horrorified
Eager	Overwhelmed	Doubtful	Raging
Embarrassed	Peaceful	Hesitant	Delighted
Energetic	Proud	Desperate	Refreshed
Envious	Relieved	Crushed	Defensive
Excited	Resentful	Hateful	Proud
Foolish	Sad	Empowered	Enraged
Frustrated	Satisfied	Confident	Bitter
Furious	Scared	Delighted	Grouchy
Grieving	Self-conscious	Glad	Fuming
Hopeful	Gracious	Pleased	Cranky

THANK YOU

Thank you for supporting my business; it truly means the world.

My mission is to help as many people as possible; I believe that everyone can take charge of their life and live a life full of happiness, inspiration, and passion. You are already one step closer to achieving that goal.

Remember that nothing changes instantly, but with belief, consistency, and patience, you will get there, and I believe in you.



Thank you!

Remember –

"If you can dream
it, you can be it."



@counsellorcronan

EMOTION PROCESSING

DESCRIPTION

This emotional processing journal has been designed to help you practice emotional regulation.

There are over 500 questions that will help you look deep within yourself and reflect on your own personal processing habits.

The journal has been broken down into 13 different emotions that affects each and every individual at one point or another.

The ultimate aim is that by the end of the journal process, you will have gained better emotional intelligence by having the ability to understand and manage your own emotions that will lead to stronger relationships and mental well being.

Includes:

Ways To Deal With Negative Emotions

Processing Forgiveness

Processing Anger

Processing Disappointment

Processing Fear

Processing Guilt

Processing Sadness

Processing Resentment

Processing Jealousy

Processing Worry

Processing Bitterness

Processing Grief

Processing Happiness

Processing Shame

Reflection

Feelings Wheel and Emotions

Comes in A4 size, US letter size and ebook size.

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Thank you

Enjoy x