



Gentle Journalling

FOR DIFFICULT EMOTIONS






A safe space to explore, understand and nurture yourself.






1. BEGIN HERE...



-  What am I feeling right now, without trying to change it?
-  If this feeling had a texture, colour, or shape... what would it be?
-  Where do I notice this in my body?




2. UNDERSTANDING THE FEELING



-  What might this feeling be trying to tell me?
-  What happened (externally or internally) that may have triggered this?
-  What thoughts are circling around this emotion?




3. GIVING IT SPACE



-  Can I allow this feeling to be here, just for now?
-  What would it be like to sit beside this feeling instead of fighting it?
-  If this emotion could speak, what would it say to me?




4. SELF-COMPASSION



-  What do I need in this moment?
-  What would I say to someone I love if they felt this way?
-  Can I offer myself even a small amount of kindness right now?




5. RELEASING & REFRAMING



-  What am I holding onto that I might gently loosen?
-  Is there another way of seeing this situation?
-  What feels heavy that I could put down, even briefly?




6. MOVING FORWARD



-  What is one small, kind action I can take for myself today?
-  What would support or soothe me right now?
-  What has helped me through difficult emotions before?

7. CLOSING REFLECTION



-  What did I learn about myself through this?
-  What strength did I show, even if it was quiet?
-  Right now, I want to remember that...



Be gentle with yourself.

There is no right or wrong way to journal.
Let your words flow, in your own time.

You are enough, just as you are.

