

Soul-Care

Using journal prompts
to process your emotions



DR. WENDY HAZEL

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Dr. Wendy Hazel

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Introduction

"I don't want any kids when I get older!", exclaimed Kyle as he stormed off to his room and slammed the door. In utter shock, I took a seat on my recliner and replayed the incident that previously occurred.

Just five minutes earlier, smoke came out my ears, my face turned red, and I blurted out, "What are these dishes still doing in the sink?" "Why can't you do what you're told?" I yelled so loud that Kyle was visibly upset, and tears welled up in his eyes.

"Was I wrong for what I said? How dare him storm off like that?" Many thoughts flooded my mind.

You see, I was fresh out of an abusive marriage. I was yelled at, insulted, and humiliated almost daily. I had not realized how much this abuse affected my relationship with my children. Depression wrapped its tentacles around me during that marriage and I went into survival mode. I just wanted to get through each day and get me and my children out of that situation.

"God its either you change him or get me out of me out of this!" was my daily prayer. I came out of that marriage with a wounded and damaged soul, unresolved issues, and questions. I lost my cool often, especially with the kids.

I wanted the kids to be understanding and supportive, something that they naturally lacked the ability to give at their tender age. It was unfair to them. It was then I realized that I needed help.

Thankfully, God led me to a therapist and a life coach who helped me work through my emotional scars as I intentionally began my healing journey.

I became a Transformational Life Coach to help women with their healing journey because I can empathize and identify with their stories. I lead them to the path of emotional health as emotional abuse rips away at our personalities and flows through our behavior.

This journal was created to help you identify your emotions: knowing what you feel and why you feel that way helps you to process your feelings since you cannot heal from what you do not know. Then it will be easier to forgive yourself and others.

Let's begin this healing journey through 52 weeks (about 12 months) of journaling your feelings by the prompts provided as your guide.

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We all have emotions. Some make us feel good, while others make us feel bad. But no matter what kind of emotions we're feeling, it's important that we process them in a healthy way. One way to do this is by using journaling prompts.

Journaling prompts are questions or prompts that you can use to help you write about your emotions. They can be used to help you understand your emotions better, and they can also help you to find new ways to cope with them. If you're not sure how to get started with journaling prompts, here are five tips to help you get the most out of them.

Journaling prompts can be a wonderful way to deal with difficult emotions in a healthy way. If you're not sure how to get started, try following these five tips: choose the right journaling prompt for your needs, don't worry about getting it "right," be honest with yourself, keep it up regularly, and seek professional help if needed.

It's important to get your thoughts out of your head and down on paper. By putting your thoughts into words, you can start to make sense of them and gain some clarity. It can be helpful to write down what is on your mind before bed so that you can clear your head and get a good night's sleep. Alternatively, you can journal first thing in the morning to start your day with a clean slate. Either way, taking the time to write down your thoughts can help you to feel calmer and at peace. So go ahead and try it - you just might be surprised at how therapeutic it can be!

It's easy to get caught up in a spiral of negative thinking. Once one negative thought pops into our head, it can be difficult to shake it loose. And as we ruminate on that thought, it can become larger and more daunting, until it feels like an insurmountable obstacle. But it's important to remember that thoughts are just thoughts; they're not reality. Just because we think something doesn't mean it's true. And we always have the power to choose which thoughts we give our attention to.

So, the next time you find yourself trapped in a cycle of negative thinking, take a step back and examine your thoughts. Identify which emotions and feelings are attached to those thoughts. Are they based on fear or insecurity? Or are they rational and realistic? Once you've identified the source of your negative thinking, you can start to challenge those thoughts and reframe them in a more positive light. With practice, you can learn to control your thoughts instead of letting them control you.

The next time you feel overwhelmed, take a step back and notice where you feel the emotion in your body. Is your heart racing? Are your shoulders tense? Noticing the physical sensations associated with your emotions can help you center yourself and better understand what's really going on. Are you feeling anger, or is it something else, like fear or frustration? Once you've named the emotion, you can begin to work on managing it in a more constructive way. Simply paying attention to your body can be a helpful first step in learning to cope with your emotions.

Triggers can be difficult to identify. They can be small, insignificant, or large and obvious. However, triggers are important to identify because they can help to prevent future emotional outbursts. Triggers are often linked to past experiences, making them difficult to identify. However, it is worth taking the time to reflect on your triggers to avoid them in the future. Triggers can be anything from a certain sound to a particular smell. If you take the time to reflect on your triggers, you will be better equipped to deal with them in the future.

Women have always been empowering creatures. We've given birth to, cared for, and nurtured entire generations; we've been leaders, educators, peacemakers, and warriors. So why is it that we still find ourselves underrepresented and underestimated in the workforce? In many ways,

About the Author



Women's Empowerment Advocate, Speaker, Mentor, and Master Neuro–Transformation Results Coach Dr. Wendy Hazel equips women to transform from hurting to healing. Dr. Hazel receives many testimonials daily from women that she has helped to regain their inner peace, reconnect with who they are, re-ignite their creativity, boost their productivity, and strengthen their faith in God. With her compassionate and down to earth approach, Dr. Hazel provides grace and a safe space for women to heal and move forward into their God- given destinies.

In addition to over 30 years' experience as a Christian Educator, Administrator, and Consultant, she earned a Bachelor of Science degree in Computer Science from DeMontfort University, Leicester, England, and her Master of Science degree in Management and Leadership from Western Governors University. In addition, she was awarded an honorary doctorate by the Wesleyan Bible College in Guyana for her life work in the administration of Christian Education in the Wesleyan Church.

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