



Worksheets for diving into emotions.





listen

TO YOUR FEELINGS,
YOUR EMOTIONS,
YOUR GUT INSTINCTS,
YOUR INNER KNOWING,
FOR THEY ARE
THE RADAR SIGNALS
TELLING YOU WHICH
DIRECTION TO GO AND
WHICH DIRECTION TO AVOID.

- TRACEY SMITH

Week 3 Journaling Exercises

In the following exercises, you will look at negative and positive emotions, the stories that surround them, and the ways your body responds. This is to bring greater awareness around the emotion you are looking at, how the stories feed it, in what ways your body is communicating through them, and to consider how to change the narrative to the story so you can bring about different emotions or how to feed the ones you want to keep and bring them more readily into your day-to-day.

Remember: You are *POWERFUL!!!*

You're worthy! <3

Create Sacred Space

FEEL YOUR FEELS

In the next section you will dig deeper into your predominant negative feelings as well as your positive ones. Allow yourself to feel what you're feeling as you go through this exercise.

I recommend setting aside sacred space; a space where you can be undisturbed and comfortable. You are to allow yourself to be vulnerable with yourself. This is sacred!

Take your time, be gentle and loving, and know that you are so loved and supported through this journey!!





NEGATIVE EMOTIONS

IN THE FOLLOWING PAGES, TAKE AN HONEST LOOK AT YOUR NEGATIVE EMOTIONS THAT HAVE BEEN "STUCK" WITH YOU.

- 1. Identify it - unforgiveness, bitterness, resentment, anger/rage, etc. What is the emotion that feels "stuck"?**
- 2. What's the Story? Write out the story behind this stuck emotion. What is it that keeps it "stuck"?**
- 3. Sit with the feeling for a moment and identify where you feel it in your body. Is your heart racing? Clammy hands? Headache? Tension in your neck? List these out.**
- 4. Now ask the emotion, your Higher Self, your Spirit Guides what it is hiding, burying, or masking. If you're angry, is it masking grief, loss, hurt? If you're unforgiving, is it hiding a need to feel accepted and loved? What is it that your soul is calling out for? Sit in a quiet space and take some deep breaths. Connect and be willing to listen.**





Unexpressed

EMOTIONS WILL
NEVER DIE.
THEY ARE BURIED ALIVE
AND WILL COME
FORTH LATER IN
UGLIER WAYS.

- SIGMUND FREUD

Negative Emotions

1. What is the emotion?

2. What is the Story or Narrative behind this emotion?

3. When you sit with this emotion, how do you feel it in your body?

4. What's underneath the emotion? What is your soul calling out for?

DIVE INTO THE EMOTION TO SEE WHAT'S THERE!

Negative Emotions

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Reframe

TAKE A DIFFERENT LOOK

Take a look at that story you wrote for those negative emotions. Now rewrite them. Change your "filter" - your perspective. If the voice is the "victim's" (life is against me) perspective, switch to the "empowered" voice (what did these experiences teach me that would be considered "positive")?



A simple example of a reframe:

Emotion: Loneliness, feeling like the chronic outcast around people.

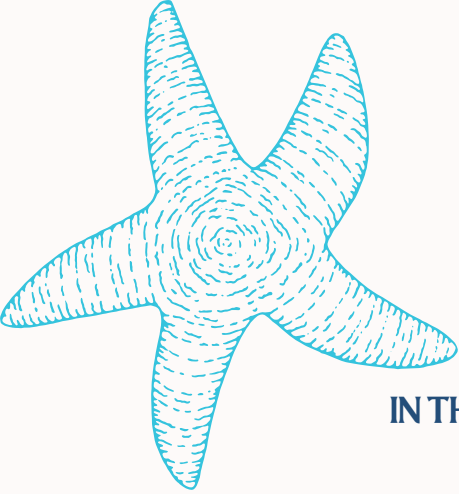
Story: I moved around every few years in life. It made it hard to make friends and I was often bullied. I was never able to fit in with the "crowd" because I was always the outsider. It was easier to isolate than it was to constantly meet new people just to leave again.

Reframe: I moved around every few years in life. I made so many friends! While I did not carry lifelong friends in that time, I learned to easily get along with others regardless of our differences.

New Emotion: My reframed story creates a feeling of an ability to adapt and blend regardless of my surroundings/location.

Try the following "format" in your journal:

- (1.) New Reframed Story
- (2.) (After re-reading) What Emotions Does This New Story Create?
- (3.) How Does This Feel in My Body?
- (4.) What Has This Taught Me?



POSITIVE EMOTIONS

IN THE FOLLOWING PAGES, TAKE AN HONEST LOOK AT YOUR POSITIVE EMOTIONS THAT YOU WANT MORE OF!

- 1. Identify it - what is the emotion you want more of? Joy? Happiness? Love? Peace? Contentment?**
- 2. What's the Story? Write out the story behind the emotion. What is it that brings it out of you and nurtures it within?**
- 3. Sit with the feeling for a moment and identify where you feel it in your body. Relaxed? Butterflies? Smiley?**
- 4. Now ask the emotion, your Higher Self, your Spirit Guides what it is needed in your day-to-day to be able to hold this emotion in a more consistent way?**





Positive

THOUGHTS GENERATE
POSITIVE FEELINGS
AND ATTRACT
POSITIVE LIFE EXPERIENCES.

Positive Emotions

1. What is the emotion?

2. What is the Story or Narrative behind this emotion?

3. When you sit with this emotion, how do you feel it in your body?

4. What do you need more of in your day-to-day?

DIVE INTO THE EMOTION TO SEE WHAT'S THERE!

Positive Emotions

1. What is the emotion?

2. What is the Story or Narrative behind this emotion?

3. When you sit with this emotion, how do you feel it in your body?

4. What do you need more of in your day-to-day?

DIVE INTO THE EMOTION TO SEE WHAT'S THERE!

Positive Emotions

1. What is the emotion?

2. What is the Story or Narrative behind this emotion?

3. When you sit with this emotion, how do you feel it in your body?

4. What do you need more of in your day-to-day?

DIVE INTO THE EMOTION TO SEE WHAT'S THERE!



YOUR emotional goal

Your goal after reviewing your negative emotions, along with the stories behind them, is to really practice reframing when these arise. Just as you learned in Mental Awareness, reframing is telling your story from a different perspective. Instead of "putting more fuel on the fire" with the stories that feed what you don't want, look at ways you can remove that fuel so that those "fires" can begin to burn out or be "doused with love".

In what ways can you put a loving spin on things?

I know sometimes it doesn't seem like there is any way you can do this, especially in instances of abuse and purposeful harm, but sometimes even reminding yourself that no matter how bad something was, you can remove those shackles by choosing to drop them. You can choose love over fear. Remember, choice is your power!

For example, one of my "shackles" I remained in for some time was in regard to the abuse I endured from my ex-husband. My stories involved "if he really loved me...." and I would brew in anger, resentment, bitterness, and would desire nothing more than for him to get what he "deserved". Through my healing journey, I knew I had to let this go and stop feeding this fire inside of me. I chose to begin seeing it from a different perspective; one rooted in love. I began to look back and tell the story differently - "I didn't yet know how to love *me*, and I accepted treatment that did not align with love. That is changed now, and I have learned to set boundaries and enforce them. I cannot change what was, but I have learned from it and have chosen another way. One of love. I no longer accept this treatment and will not experience it again."

Your goal after reviewing your positive emotions, along with the stories behind them, is to "feed those fires!" Fuel those positive emotions by allowing yourself to experience them more often. Tell those stories more often! Find ways you can bring about the "fueling" of those positive emotions throughout your day. Sometimes it can be as simple as stepping outside, closing your eyes, holding your face up to the sun, and feeling its warmth that can bring a smile to your face and a sense of rejuvenation to your mind, body, and soul.

Remember, ***you're worth it!!!*** You deserve the good feels!! It's a worthy cause to elicit more of them and practice loving yourself by allowing them without feeling guilty!