



Journaling Activity #1

On Coping with Feelings

What is a feeling I am having today? Or, what is one issue I am struggling emotionally with today? List the issue and describe how you are feeling. * If writing is not your “thing” but being creative or artistic in any way is, then modify this activity by drawing a picture which answers the question of this feeling your having: If someone saw this picture, what feeling or emotion would it evoke from the viewer. This is a way to connect yourself nonverbally with someone if you want to share, or assess your own feeling later, in a non-threatening manner. The following activities can also be modified. These can be used as a coping tool to use with children to help start the healing from fear- or stress-inducing events. *

To further explore, answer write / draw about these questions:

How do I want to feel? What feeling is my goal in overcoming this issue?

How can I bridge the gap between these feelings?

