



JOURNALING FOR EMOTIONAL HEALING TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



JOURNALING FOR EMOTIONAL HEALING

▷ What You'll Discover

- What emotional processing and healing journaling is.
- How it can help you clarify your thoughts and feelings.
- How it can help you regulate your emotions.
- How it can help you heal old wounds.
- How it can improve your relationships.

▷ What Journaling for Emotional Processing and Healing Is

Journaling for emotional processing and healing is journaling as a form of processing, expressing, and releasing emotions in a healthy way. It's so easy to get overwhelmed by our emotions. Whether you are the kind of person who bottles up all of their feelings or the kind of person who readily unloads their thoughts and feelings on their friends, family, or even Facebook, this form of journaling can play a vital role in your life.

Journaling for Emotional Processing and Healing is journaling as a means to release and process all of your emotions and wounds. The ones that you have buried as well as the ones that are currently overwhelming or confusing you. It's a form of journaling that also aids in healing and resolving past trauma, hurt, resentment, and more.

▷ Benefits of Journaling for Emotional Processing



Journaling can help you clarify your thoughts and feelings. When you find your mind swimming in emotional upheaval and turning upside down it can be hard to get a handle on what exactly you're feeling and why. It's so important to be in touch with our feelings. They're trying desperately to communicate to us. Taking even a few minutes to journal on what is going on in your head and heart can really help you sort through the turmoil and hone in on what is going on in that internal world of yours

The act of writing in a journal is proven to help regulate emotions so just by keeping a journal you will find more balance and experience less emotional turmoil in your life. There is a therapeutic element to writing freely and expressing your deepest thoughts and emotions without censoring yourself.

Journaling on our emotions also improves our relationships. It helps us get a grip on what we are feeling and why before we get into a possibly difficult conversation or confrontation with someone else. It helps us approach the people in our lives in a healthier and more balanced way.

▶ How to Journal as a Form of Emotional Processing and Healing

Let's face it. It's human nature to avoid pain. We may continually avoid dealing with difficult emotions because it just feels too uncomfortable. But until we process them they will only continue to bubble back up to the surface. Sometimes mutating into a completely different monster. It's healthy, natural, and beneficial to express and work through your emotions rather than pushing them down. It's also healthy, natural, and beneficial to express and work through your emotions rather than unloading them onto others. A healthy journaling session can often be as therapeutic as a visit to the therapist or a conversation with your best friend. Our emotions need and deserve an outlet and your journal is the perfect one. You can't hurt its feelings or say the wrong thing. You can feel completely and utterly free to express it all.

Your journal can also be that person that you can just unload all of your frustration, anger, sadness out on. A place where you can get out everything you wish you could express. We must be honest with ourselves. A lot of the times when we are feeling intense feelings towards someone it may have very little to do with them and everything to do with us.



Journaling on what you're feeling and why you're feeling it BEFORE engaging in a confrontation with someone can give you an opportunity to not only appreciate their point of view but also discover what about the situation has you reacting so strongly before you take something out on them that may be completely unrelated. Sometimes a disagreement can be resolved without even having to initiate conflict. This ties into Shadow Work Journaling in Module 5.

Sometimes it really is beneficial to dump all your emotional shit into your journal instead of your loved ones. It's like that expression... keep it in the porch.

Releasing your emotions into your journal helps you confront what is going on and regulate the emotions you are experiencing. Just the act of putting those emotions into words is healing. Far too many of us ignore the emotions we are experiencing continuing to subject ourselves to the situations and people that are fueling them. Empower yourself by giving your emotions and your healing the attention it deserves.

The more we allow ourselves to sit in, and feel the emotions the more they lose their grip on us. It's when we try to ignore them that those difficult emotions continue to haunt us.

When we're looking at processing and healing deep wounds and repressed emotions it can be helpful to tie this form of journaling in with Forgiveness Journaling found in Module 6.

Take a deep breath and let's dig into some of my favorite journal prompts for emotional healing and processing:

Journal Prompts

- What wound, or painful or difficult emotion, are you refusing to feel right now?
- Why are you afraid to fully sink into this emotion?
- How can you give it expression?
- How will your life be different if you continue to bury this emotion or resist healing this wound?
- How will your life be different if you allow yourself to heal this and move forward?



- Vent about a problem you're having with someone. What happened? In what context? Whom are you fighting with? Why are you upset? Is this a stand-alone event or is this part of a bigger issue? How did the other person's actions make you feel? What do you want him to do to make amends?
- Do you often find yourself judging, overanalyzing or trying to get rid of certain feelings? How does this impact your body?
- How can you take more responsibility for your feelings, and express them in less reactive and more open, honest ways?
- Is there an inner demon you have been refusing to face? Are you constantly in motion to avoid dealing with it?
- I feel...



Notes

A series of horizontal dotted lines for writing notes.

