

07



WEEK 7 - HEALING JOURNALING CONT.



01



JOURNALING FOR EMOTIONAL PROCESSING



PREVIEW



IN THIS LESSON, 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

- ▶ A way of processing, expressing, and releasing emotions in a healthy way.
- ▶ A way of uncovering and processing buried emotions.
- ▶ A way of getting out of the overwhelm and confusion of emotions.



BENEFITS OF JOURNALING FOR EMOTIONAL PROCESSING

- ▷ Clarify thoughts and feelings.
- ▷ Get in touch with our emotions.
- ▷ Helps you regulate emotion and find balance.
- ▷ Improves relationships.

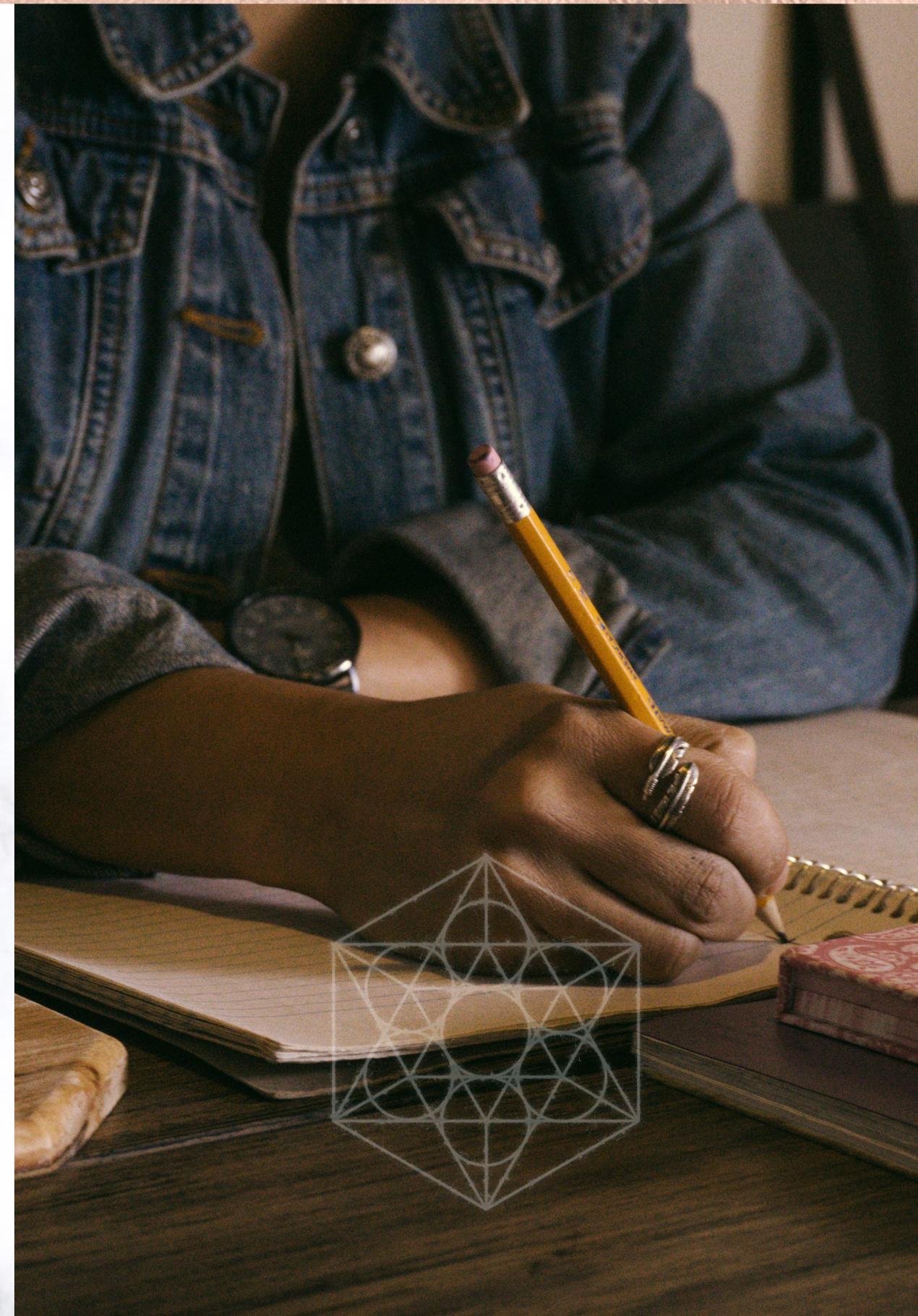




*it's human nature to
avoid pain*



- ▷ Our emotions need and deserve and outlet.
- ▷ Intense feelings often have little to do with who they're directed at and more to do with us.
- ▷ Dump your shit in your journal, not on your loved ones.



Allowing your emotions to be felt
RELEASES THEIR GRIP ON US



JOURNAL!



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?



JOURNAL!



JOURNAL PROMPTS

- ▲ 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?



JOURNAL!



JOURNAL PROMPTS

- ▲ 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?



JOURNAL!



JOURNAL PROMPTS

- ▲ Do you often find yourself judging, overanalyzing or trying to get rid of certain feelings? How does this impact your body?



JOURNAL!



JOURNAL PROMPTS

- ▲ How can you take more responsibility for your feelings, and express them in less reactive and more open, honest ways?



JOURNAL!



JOURNAL PROMPTS

- ▲ Is there an inner demon you have been refusing to face? Are you constantly in motion to avoid dealing with it?



JOURNAL!



JOURNAL PROMPTS

▲ I feel...





YOU DID IT!

What is your biggest takeaway from this lesson?



PREVIEW



IN THE NEXT LESSON, YOU'LL DISCOVER:

- ▶ Writing letters as a form of journaling.

