# EMOTIONAL PROCESSING JOURNALING WORKSHEET

TRANSFORMATIONAL JOURNALING

with Christa Potter

# EMOTIONAL PROCESSING JOURNALING

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.

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.

Enjoy!

Christa Potter


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What wound, or painful or difficult emotion, are you refusing to feel right now?


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## Why are you afraid to fully sink into this emotion?


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## How can you give it expression?


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How will your life be different if you continue to bury this emotion or resist healing this wound?


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How will your life be different if you allow yourself to heal this and move forward??


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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?


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


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


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


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## I feel...?


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# Notes


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