

Sorting Through Stress

JOURNAL PROMPT



What emotions from your past are you holding onto and wish to release?

What event is the starting point for these emotions?

How did that event make you feel? (in your mind & your body)

How do you feel today when you think about this event?

What lessons did this event teach you? Both good & bad, subconscious & conscious.

How is this event holding you back in my current life?

How would you label this event? Trauma? Stress? Just an experience?

If there is a person or persons involved, are you holding anger & resentment inside towards them?

How could you let go of that resentment & anger?

What have you learned about yourself because of this event?

You should always seek professional help first when working through stress & trauma. This is in no way meant to replace therapy or professional help. This is an exercise for your own use, to be used in conjunction with professional therapy.

