



Trauma Reduction

Journaling

By: Nicole Martin



1.

WHAT EMOTION AM I FEELING IN THIS MOMENT? - (Try to avoid a big story of why)

Who, or what, triggered this bruise within me? (Heavier emotions are the ones we are looking for). For example; I feel..... Fearful, resentful, guilty, angry, sad, jealous, hopeless, shameful, inadequate, grieved, disrespected misunderstood.

2.

WHAT GAVE ME POWER, WHAT TOOK IT AWAY?

(Exploring what empowers you, and what disempowers you. (people, places or things))

3.

WHAT MADE ME FEEL SAFE OR UNSAFE ?

- Environmental safety
- Emotional safety
- Physical safety

4.
READ YOUR WRITING BACK - This allows you
to feel seen, heard and understood.

5.
SIGN OFF - Prayer (non religious)
I suggest signing off with an
intention/prayer. Below is the prayer that I
suggest using (if it resonates with you).

PRAYER/ INTENTION

I shall let go of what is not serving me,
I shall not argue with reality,
I shall make peace with what is.

SELF COMPASSION

I usually suggest following up with a ten minute compassionate meditation. This helps you to process your emotions and let's your brain and body compassionately respond to your feelings, and bodily sensations.

Feel free to throw away your journal entry afterwards, I actually recommend this.

Though you may wish to write down any insights you discover, without including the situation or event (to protect your privacy) and place your journal somewhere private for safe keeping.

Happy Journaling friend's :-)