

Nicole's Journaling Example

1.

WHAT EMOTION AM I FEELING IN THIS MOMENT?

Today I am experiencing FRUSTRATION and ANGER. The current trigger for this feeling is my neighbour. They brought 3 dogs to his house which is right next door, and they bark all day long, it's been this way for weeks. They are outside my lounge and bedroom and I can't get any peace and quiet.

2.

WHAT GAVE ME POWER/WHAT TOOK IT AWAY?

I feel DISEMPOWERED because I can't easily assert myself with this person. I find him to be challenging to talk with, because he doesn't seem very considerate of others.

What EMPOWERED ME?

I decided to write a letter and have it ready for when he returns home. (He's gone away for a few days). I may, or may not give it to him, though I feel better from getting it all out of my head and on to paper. I am now more prepared for when he returns, though still apprehensive about his return.

3.

WHAT MADE ME FEEL SAFE, OR UNSAFE?

I feel UNSAFE in my environment because of all the noise. I feel SCARED that I won't get any rest, when I really need rest because I'm unwell. This is making me feel UNSAFE in my body too. I don't feel relaxed and therefore it is very challenging to regulate my nervous system and my physical pain and insomnia is heightened, making me feel more unwell.

4.

READ YOUR WRITING BACK

I feel heard and understood after reading my writing back. It helps me to feel less alone and like I have someone carrying my burdens with me.

5.

SIGN OFF

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.

OPTIONAL EXTRA - 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. Happy Trauma Reduction Journaling My Friends :)