

## AWARENESS WORKSHEET: JOURNALING

**Goal:** To increase self-awareness by allowing feelings to surface in order to observe, describe and understand them without judging the feelings as right or wrong, good or bad. Use this worksheet for journaling to deepen your awareness.

1. **PROMPTING EVENT:** Describe the prompting event. What event or experience caused stress or bothered you?
2. **IDENTIFY FEELINGS:** Use the soul words list to identify feelings. Pick the top three feelings and try to use more than one category on the soul words list.
  - *Remind yourself: "These feelings are not right or wrong. These are my feelings at this point in time, and I can let them be and try to observe and understand my emotions and reactions."*
3. **PHYSICAL REACTIONS:** How do you experience these feelings in your body? Scan your body and notice and describe places of pressure, tension, pain, and tightness. Observe and note your breathing. (Deep, shallow, fast, slow?)
4. **BEHAVIORS/ACTIONS:** What did you do (behaviors/reaction) because of these feelings? How did you express the emotions or what action did you take?
5. **CONSEQUENCES?** Were there any consequences because of your feelings, actions or behaviors?
6. **BELIEFS/ASSUMPTIONS:** What are your beliefs or assumptions about God, yourself, or others because of your feelings, reactions, and/or resulting behaviors?
  - When I feel (respond) this way, I believe God...
  - When I feel (respond) this way, I believe I am...
  - When I feel (respond) this way, I believe others...
7. **CHILDHOOD FEELINGS:** Did you experience this feeling (or these feelings) as a child? When? How old were you?
8. **RELATE PAST TO PRESENT:** Did you have similar beliefs or assumptions as a child? How much are your current feelings about the past versus the present? Try to give a percentage. Remember triggers are over reactions in the present because past wounds are mixing with current experiences.
9. **BRING FEELINGS AND NEEDS INTO RELATIONSHIP:** Write a clear statement or request you could make (about yourself) to inform others about your feelings or ask for help with these feelings. (Use "I" rather than "you" statements.) I feel \_\_\_\_\_ I need \_\_\_\_\_.
10. **GOING DEEPER:** Did these feeling and reactions generate other emotions? Did the first round of feelings lead into another set of emotions?
11. **SUMMARIZE:** Write down what you learned from doing this exercise. Is there an action you need to take?
12. **GRACE:** Did you finish this exercise without judging yourself or your feelings?