



JOURNAL PROMPTS

Emotional Processing

Although you may feel one emotion more predominately, we are often experiencing a mix of emotions. This journal exercise helps you land on which feelings are swirling around so you can identify the root cause.

Why: identify the root cause to what is really bothering you and deal with it directly.

Time: 15 – 30 minutes to 1 hour

1. How do I feel in this moment?

- Find a quiet, solitary place. For example, every morning right after I wake up, I grab a cup of coffee and cozy back in bed with my journal.
- Take five deep breaths. Take a moment to pray and/or set an intention for this time. It could sound like, “Please God, help me land on how I’m feeling today.”
- Go through the five basic emotions:
 - Mad: Do I feel mad right now?
 - Sad: Do I feel sad?
 - Glad: What do I feel glad about in this moment?
 - Embarrassed: Am I embarrassed at all?
 - Afraid: What am I afraid of?
- For more granular emotion identification, it may help to use a tool like The Feeling Wheel ([The Gottman Institute The Feeling Wheel](#)).

2. Why do I feel this way?

- Take a few more moments for deep breathing.
- Go through each of the identified emotions and ask yourself why.
 - Why do I feel mad, sad, glad, embarrassed, or afraid?
- Write whatever comes to mind, don’t edit or judge yourself.

3. What do I need to do next?

- Just going through may be enough to release you from the feelings but if you are having a hard time, be gentle with yourself, call a supportive friend or a trusted mental health professional.