

Emotional Processing Journal Template

1. Acknowledging Emotions:

Write down the emotions you are feeling today. Try to name the emotions without judgment.

Example: I am feeling anxious and a bit overwhelmed today.

2. Identifying Triggers and Reactions:

What happened today that triggered these emotions? How did you react?

Example: I had a difficult conversation at work, and it left me feeling upset. I reacted by withdrawing and not expressing my feelings.

3. Compassionate Reflection:

What can you say to yourself that is kind and understanding? Replace self-criticism with gentle self-talk.

Example: It's okay to feel overwhelmed. I'm doing my best, and it's okay to take time to process these emotions.

4. Moving Forward:

What can you do to support yourself emotionally today? Write down one or two self-care actions.

Example: I will take a walk to clear my mind and practice deep breathing for 5 minutes.

5. Gratitude Reflection:

End your journaling session by noting down something you are grateful for today, no matter how small.

Example: I am grateful for my supportive friends who listen when I need to talk.