

EMOTIONAL RELEASE

Before you start journaling

Why use journaling to release emotions?

With our thoughts on the page we can see them more clearly, separate fact from fiction, and proactively do something constructive about what's bothering us, rather than be consumed by it. We can also ease our internal stress by reducing mental chatter and giving our worries the acknowledgment they deserve.

For each of the series of journaling prompts you will find in this mini-course, the purpose is to help you raise self-awareness about topics that might have hindered your capacity to moving on by holding onto stories of the past. They might help you as well to tap into the resourcefulness that you have within you but don't listen to anymore, because of external pressure, expectations and judgments.



EMOTIONAL RELEASE

Journaling prompts to let go & move on

General

- What does "letting go" mean to me? The words "letting go" make me think... and make me feel...
- In what ways does letting go mean giving up, to me? In what ways is it different?
- What are the elements in my life where I feel resistance? What would it bring to me to hold on to them? What would I gain by letting go?
- What are the roles that I have in my life which I identify with? (parent, sibling, employee, family member, ...) What are the emotions associated to each of these roles?
- What do I no longer want to accept in my life?

About a specific situation

- Does this [insert person, situation or memory of an event] serve me anymore? If yes, how so?
- Why am I finding it so hard to move on from this?
- What emotions does this event or memory trigger in me?
- Has this affected other areas of my life? How so?
- Has this affected how I treat others or approach situations? How so?

- What triggers me to over-think?
- What's one event I lose sleep over?
- Why do I choose to dwell on things I can't control or change? Where does this come from?
- If the higher version of myself was sitting next to me how would they respond to the situation? What would they say? What would they tell me?
- "Other people's opinions of you are none of your business." How does this statement make you feel? Why?
- What are three things I can do right now to make me feel better? What are three long-term things I can do to move on from this and heal?

Learning & moving on

- How have I grown from my past struggles and experiences?
- Today, I chose to let go of the things I can't control, including...
- What makes me feel safe?
- What are my strengths?
- I am resilient. Here is a tough situation I've overcome...
- What are five things that make me happy?
- I'm okay with not having all the answers because...
- I choose to put my energy into what serves me. This includes...

EMOTIONAL RELEASE

Journaling prompts to cultivate self-compassion

- How would I like to feel today?
- What's one small step I can take to cultivate this feeling?
- What do I need right now to feel more at peace?
- Who are the people in my life who are nonjudgmental, trustworthy and genuinely have my heart in mind?
- What could I do to spend more time with these individuals?
- What is one healthy thing I can do to support myself when I'm feeling low or stressed out?
- What is a new habit I can adopt in helping me feel more joy or calm in my life?
- What is one thing I can remove from my everyday schedule to create more space for rest and self-care?
- What do I promise myself from today on?
- What is stopping me from being kind to myself?
- What is one tiny step I can take to chip away at this obstacle?
- What is one kind statement I feel comfortable saying to myself when I need support?

- What is something interesting I'd like to explore this week?
- If I loved myself fully, how would I treat myself every day?
- What's one small way I can start doing that today?
- How can I better use my words and self-talk to build myself up? What words should I stop using?
- What is one simple adjustment I can make to my morning routine to help me care for myself as I prepare for the day?
- What is one expectation I have of myself that I can stop pressuring myself to meet?
- What is one thing I promise myself not to tolerate anymore in my life? To which extent would this affect my life positively?
- What stressful circumstance is the most present in my head right now? If I had a friend in the same situation, what advice would I give them?
- What are 3 small things I can do to take charge of how I feel?
- What is one new skill I could learn that would help me handle a current stressful situation? How could I start learning it?
- Reflect on a time when you made a positive difference in someone's life. What did this experience teach you about loving others?
- Taking into account everything you've learned with these prompts, write down 3 practical ways you can give yourself and others more grace.

© 2023 - The Seed Coaching

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise (except for brief quotations in published reviews), without the prior written permission of the author. The information contained in this e-book is for informational and educational purposes only. The moral right of the author has been asserted.



With love, Johanna

If you have any question, or just want to have a chat, contact me on
hello@theseedcoaching.com