

# JOURNAL PROMPTS FOR PROCESSING EMOTIONS

## 1. I feel...

Circle what you are feeling &/or add in your own emotion word. It is normal to be feeling any or all of these feelings as a reaction to the current crisis.

SAD DISAPOINTED CONFUSED UNEASY ANGRY FRUSTRATED

SCARED INSECURE LONELY WORRIED \_\_\_\_\_

## 2. On a scale of 1-10, I would rate it...

1 2 3 4 5 6 7 8 9 10

lowest

highest

This helps in figuring out the “why” behind the feeling. If you’re feeling something at a 7 or 8 there is likely a bigger meaning behind this feeling if it is that strong. If you’re feeling disappointed at a 3, it might just be that you need to let the feeling ride and it will resolve on its own.

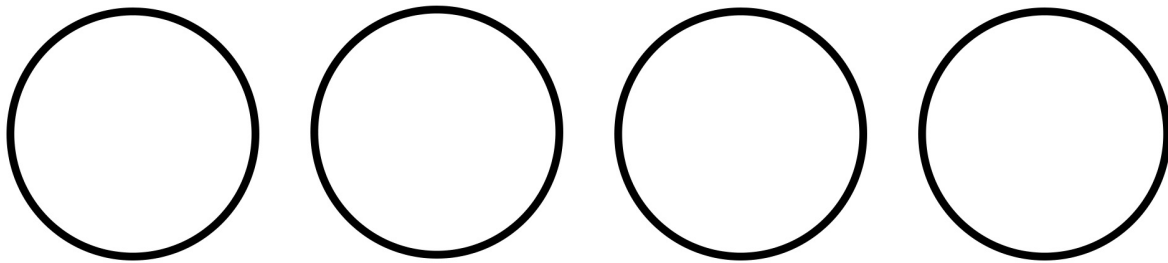
## 3. This is what was happening...

What was the situation that triggered this emotion? Describe what specifically happened. Was it something someone said? Something that just happened? Or something that you just started thinking about? Even if it seems unrelated, describe what led to the feeling.

## 4. I'm thinking....

Any and all thoughts are relevant. How did you interpret the situation? What do you think about how you're feeling? We are all having different reactions to this crisis and social distancing. Whatever your reaction is, it's valid.

## 5. Something I can do to calm myself down is...



If you are higher than a 6 in intensity, it is likely you will benefit from taking some time to calm yourself down. Take a break. Try some deep breathing. Pick a hobby to distract yourself. Ask for support.

## 6. I want to feel...

Describe how you would ideally like to be feeling right now.

## 7. My next steps are...

Make a plan. Is there an action you need to take? Maybe you need to say something assertive if the feeling was anger. Maybe you need to call a friend if the feeling was loneliness.

## 8. I can remind myself...

If action isn't needed you can take some time to reframe your thoughts. Remind yourself it is ok that you feel the way you do. Writing out positive thoughts doesn't magically change the way you think, but it does help to give your brain more options rather than staying focused on the negative.

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# KEEP IT UP!

Journaling your thoughts and feelings and just getting them on paper can help you process emotions and self soothe even in a time of so much turmoil.