

Stress Processing Journal



This Book Belongs To

Worry Exploration

What are you worried about?

What is the best that can happen?

What are some worries about what will not come true that I need to forget?

How to focus on desires.

Worry Exploration

Is worrying about something going to stop it happening?

Is there anything I can do physically to work the problem out? If so what?

Am I making up worries to feed my addiction? If so, why?

Now that you leave the challenged worry, how has it changed?

Problem Solving

Problem to Solve

End Goal

My Solution

pros

cons

My Solution

pros

cons

My Solution

pros

cons

Choose Solutions

Next Step

STRESS LEVEL TRACKER

YEAR:

STRESS LEVEL:

1

2

3

4

5

January	February	March
April	May	June
July	August	September
October	November	December

Evaluate Stressors

List of Stressors

Controllable

--

--

Incontrollable

--

Manifestation Worksheet

Can I reach my goals?

My primary goals?

Why work towards this?

What will life be like once I've Manifested?

January Reflection

How I feel about this month

What changed from last month

My accomplishments this month

What I want to improve next month.

February Reflection

How I feel about this month

What changed from last month

My accomplishments this month

What I want to improve next month.

March Reflection

How I feel about this month

What changed from last month

My accomplishments this month

What I want to improve next month.

April Reflection

How I feel about this month

What changed from last month

My accomplishments this month

What I want to improve next month.

May Reflection

How I feel about this month

What changed from last month

My accomplishments this month

What I want to improve next month.

June Reflection

How I feel about this month

What changed from last month

My accomplishments this month

What I want to improve next month.

July Reflection

How I feel about this month

What changed from last month

My accomplishments this month

What I want to improve next month.

August Reflection

How I feel about this month

What changed from last month

My accomplishments this month

What I want to improve next month.

September Reflection

How I feel about this month

What changed from last month

My accomplishments this month

What I want to improve next month.

November Reflection

How I feel about this month

What changed from last month

My accomplishments this month

What I want to improve next month.

October Reflection

How I feel about this month

What changed from last month

My accomplishments this month

What I want to improve next month.

December Reflection

How I feel about this month

What changed from last month

My accomplishments this month

What I want to improve next month.

Journal Entry

Date: _____

Topic: _____

Journal Entry

Date: _____

Topic: _____

Journal Entry

Date: _____

Topic: _____

Journal Entry

Date: _____

Topic: _____

Journal Entry

Date: _____

Topic: _____

Journal Entry

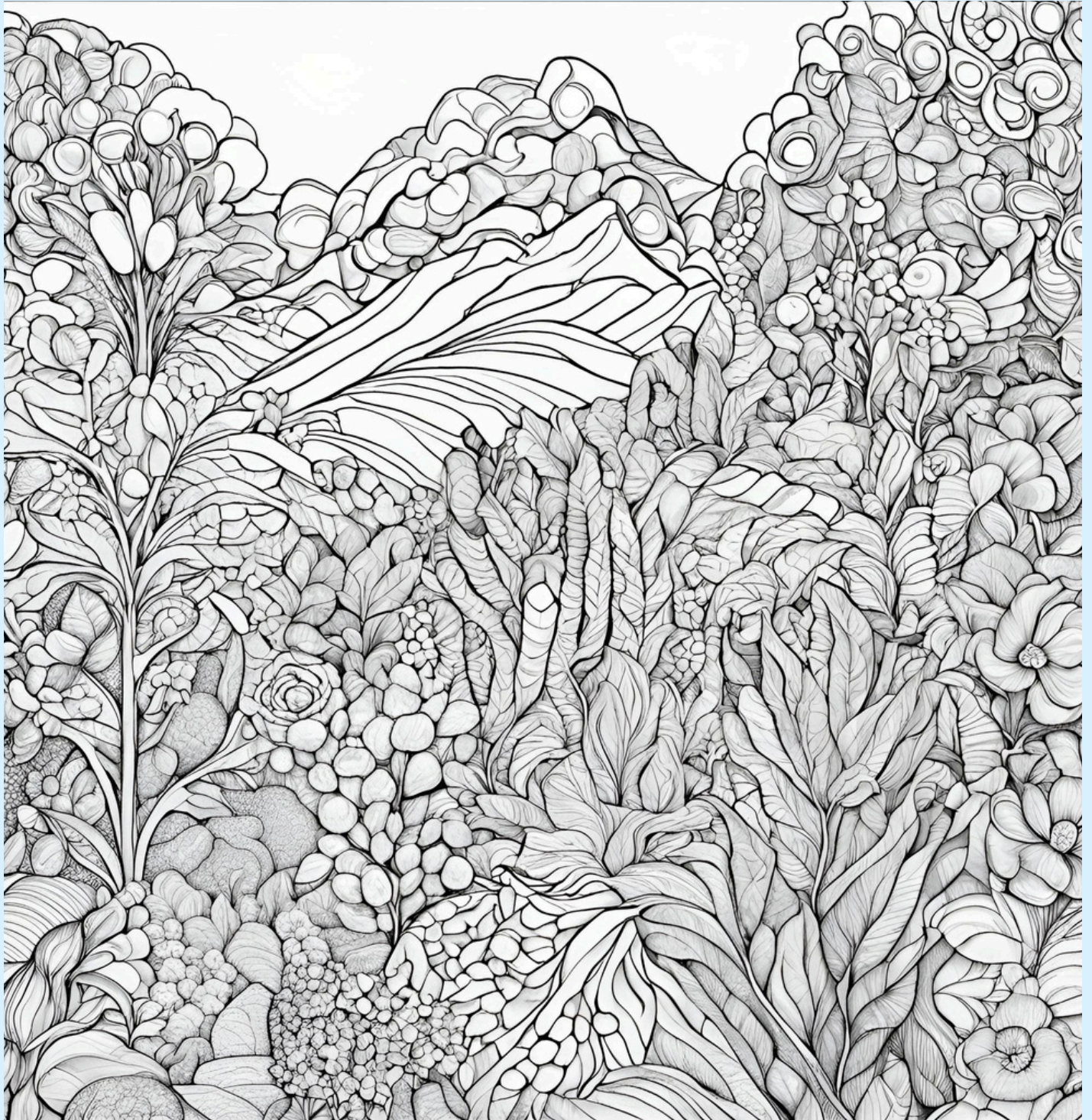
Date: _____

Topic: _____

STRESS RELIEF COLORING PAGE



STRESS RELIEF COLORING PAGE



STRESS RELIEF COLORING PAGE



STRESS RELIEF COLORING PAGE



STRESS RELIEF COLORING PAGE



Reflection

Things that make me happy



A series of 20 horizontal lines provided for writing reflections.

Effective Communication

When Communication Becomes Most Challenging Or Annoying:



In The Event Of Difficulties In Communication, I Hope that Individuals Will



When I Face Difficulties In Conveying My Thoughts, This Assist Me To..



Unmasking myself worksheet

What Are Some Of Things That Make You Unique, Special, Or Different From Others?

How do you usually hide or downplay these differences? Why?

What are some of the benefits of being more authentic and true to yourself?

Masking Behavior Checklist

Masking Behavior	

Coping Skills Plan

What Stresses Me Out

Favorite Coping Skills

People I can Talk To

Warning Signs Of Anxiety

Things That Distract Me

12 Week Challenge

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 4

WEEK 6

WEEK 7

WEEK 8

WEEK 9

WEEK 10

WEEK 11

WEEK 12

12 Week Challenge

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 4

WEEK 6

WEEK 7

WEEK 8

WEEK 9

WEEK 10

WEEK 11

WEEK 12

12 Week Challenge

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 4

WEEK 6

WEEK 7

WEEK 8

WEEK 9

WEEK 10

WEEK 11

WEEK 12

Visualization Reflection

DURING MY VISUALIZATION I SAW:

DURING MY VISUALIZATION I FELT EMOTIONS:

USING MY 5 SENSES, I COULD SEE, HEAR, SMELL, TASTE, TOUCH:

WHAT I'D LIKE TO SEE MORE OF:

WHAT I'D LIKE TO SEE LESS OF:

Visualization Reflection

DURING MY VISUALIZATION I SAW:

DURING MY VISUALIZATION I FELT EMOTIONS:

USING MY 5 SENSES, I COULD SEE, HEAR, SMELL, TASTE, TOUCH:

WHAT I'D LIKE TO SEE MORE OF:

WHAT I'D LIKE TO SEE LESS OF:

Visualization Reflection

DURING MY VISUALIZATION I SAW:

DURING MY VISUALIZATION I FELT EMOTIONS:

USING MY 5 SENSES, I COULD SEE, HEAR, SMELL, TASTE, TOUCH:

WHAT I'D LIKE TO SEE MORE OF:

WHAT I'D LIKE TO SEE LESS OF:

Visualization Exercise

Sit down in a quiet place. Get comfortable and focus on your breathing. After a couple of minutes, imagine yourself in five years doing what you love to do fulfilling your purpose. Spend five minutes or more just observing. Next, answer the questions below after you finish this visualization exercise.

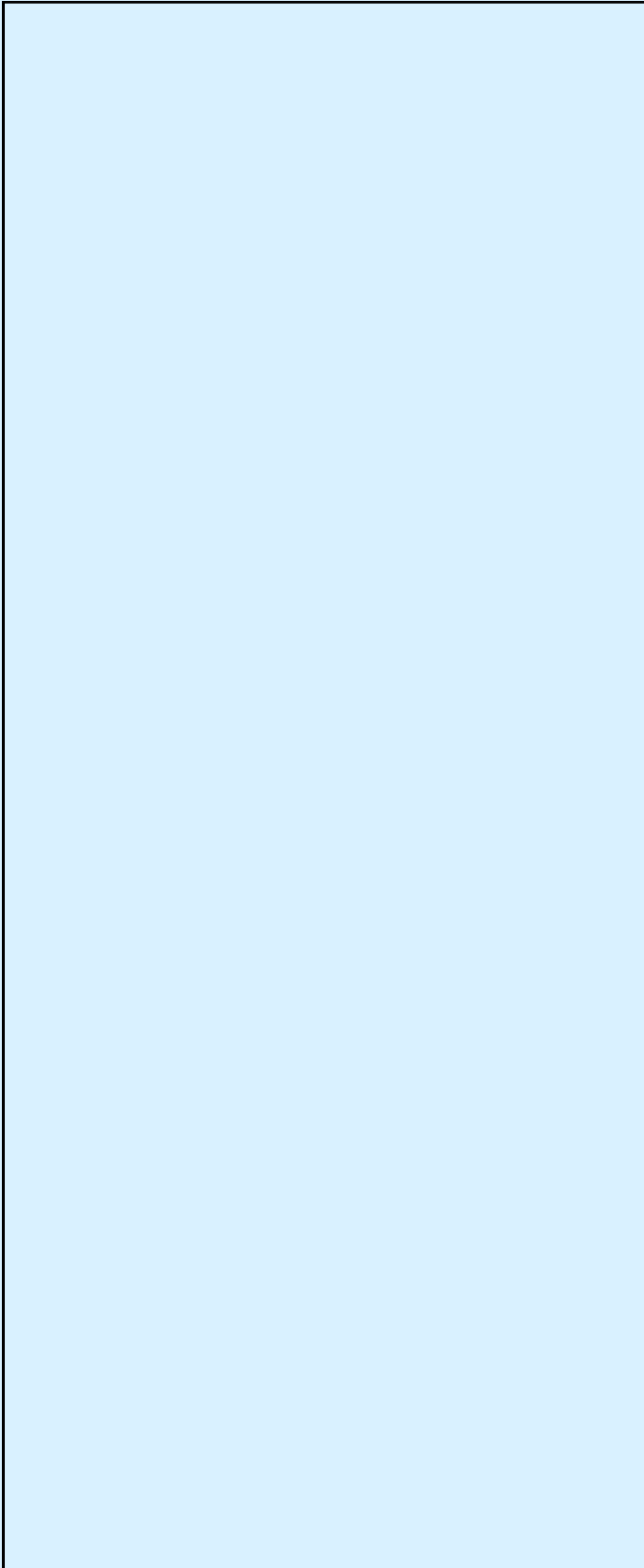
What do you like to do? Are you sitting at a computer? Teaching a class? Doing karate? Participating in a strike? Meditating?

What is going on around you? Is it quiet? Loud? Dark? Still? Are there other people? If so, what are they doing? Are people rowdy? Silent? Laughing? Studying? Take in the environment

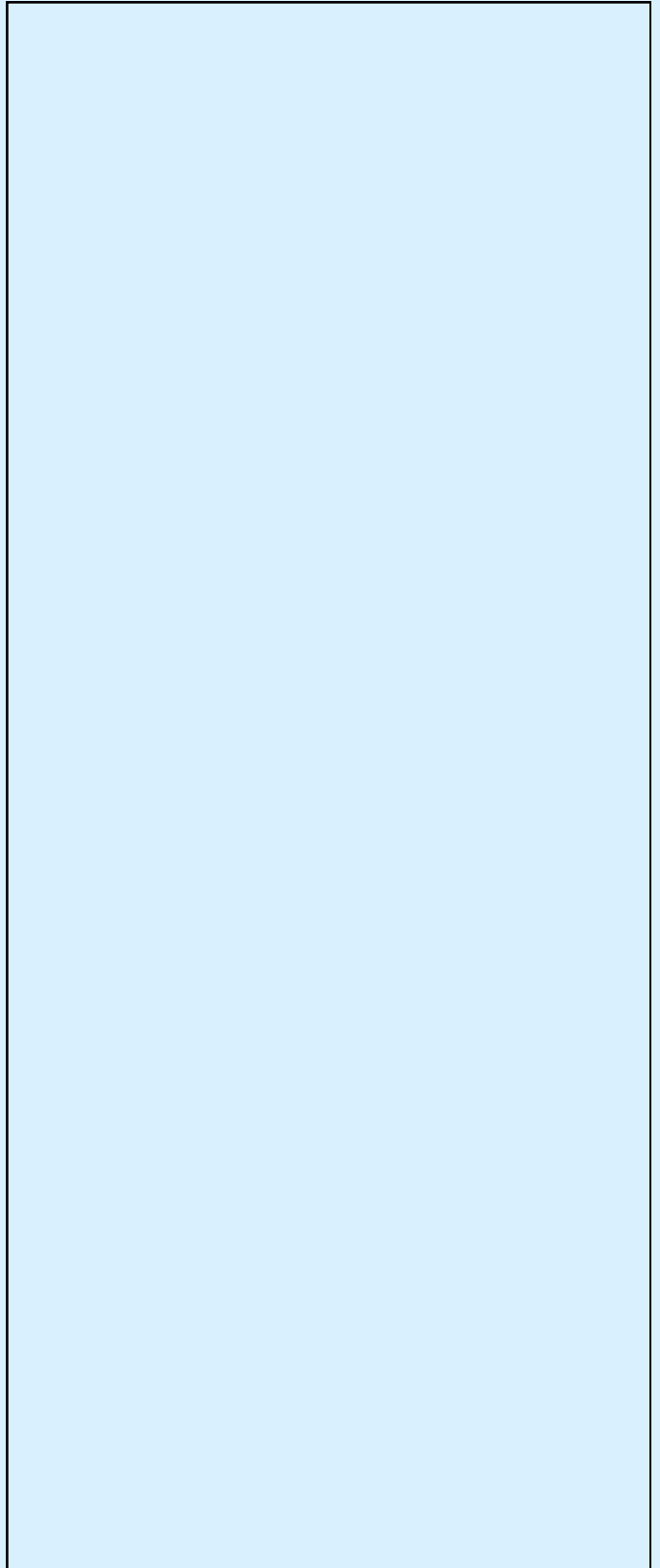
Who/what is there? Are there children? Adults? Couples? Cats? Dogs? Mountains? Rain?

Letting Go

IT'S TIME TO LET GO OF..

A large, empty rectangular box with a thin black border, intended for writing down items to let go of.

SUPPORTIVE RESOURCES

A large, empty rectangular box with a thin black border, intended for writing down supportive resources.

Desires

I would love to .. _____

I want to do more.. _____

My heart really Desires to.. _____

If I could I would.. _____

I am ready to.. _____

Desires Worksheet

DEFINING MY DESIRE

STATING MY WHY

HOW WOULD I FEEL

Inspirations

PODCASTS

BOOKS

SONGS

VIDEOS

COURSES

AUDIO

Dream Journal

Today's Date:

Where: Location/Place

When: Time of day/Season

Are you Alone?

Any recurring themes, landscape or objects?

Dream Journal

Today's Date:

Where: Location/Place

When: Time of day/Season

Are you Alone?

Any recurring themes, landscape or objects?

Dream Journal

Today's Date:

Where: Location/Place

When: Time of day/Season

Are you Alone?

Any recurring themes, landscape or objects?

Dream Journal

Today's Date:

Where: Location/Place

When: Time of day/Season

Are you Alone?

Any recurring themes, landscape or objects?

Dream Journal

Today's Date:

Where: Location/Place

When: Time of day/Season

Are you Alone?

Any recurring themes, landscape or objects?

Dream Journal

Today's Date:

Where: Location/Place

When: Time of day/Season

Are you Alone?

Any recurring themes, landscape or objects?

Working on patterns

WHAT PATTERNS DO YOU SEE REPEATING
THEMSELVES IN YOUR LIFE?

HOW HAD THESE PATTERNS AFFECTED YOU AND/OR
PEOPLE AROUND YOU?

WHICH PATTERNS DID YOU PICK UP FROM
YOUR CAREGIVERS?

WHAT ACTIONS CAN YOU TAKE
TO BREAK THESE PATTERNS?

Anxiety Affirmation

"I act with confidence because I know what I am doing."

"I am different and unique, and that is OK."

"I am safe in the company of others."

"Day by day, minute to minute I am capable and prepared."

"I am prepared and ready for this situation."

"People assume I can do this, I know I can and I will."

"I am at ease when talking to other people."

"I have survived my anxiety before. I will survive it now"

Goal and Energy

MON

TUE

WED

THU

FRI

SAT

SUN

DATE:

Goals



Exercise



Note

Manifest Your Dreams

HEALTH

RELATIONSHIPS

SPIRITUALITY

FINANCES

MIND
