



Guided Journaling Questions

TOWARDS EMOTIONAL HEALING

As promised in my 'From Rollercoasters to Carousels' book, (page 39), below are a list of some guided questions you can feel free to use during your journaling. Use whichever ones that resonate with you. They are intentionally written in first-person and designed to raise your own personal awareness about where (and who) you are and move you one step closer towards emotional healing.

1. **HOW** am I feeling today?
2. **WHICH** emotion is taking the lead in my thoughts?
3. **WHAT** emotional gifts is it giving me?
4. **WHAT** emotional gifts is it preventing me from having?
5. **WHAT** do I want instead?
6. **WHO** do I need in my support system with my emotions? (**NOTE:** You can also flip this to ask yourself: Who don't I need in my support system?)
7. **WHAT** is one thing I can do physically to help me have more joy with my emotions?

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