

YOUR ONE-STOP SHOP FOR AN EMOTIONAL TUNE-UP

The following Red Table Talk episodes will help you with this journal:

S1 E17: Learning to Forgive

S2 E5: Ciara - Healing the Emotional Scars

This is a place for your thoughts, questions, and celebrations. Read each of the categories below and you'll be led to a series of questions to help support the good work you're doing.

GUILT

Thank goodness you're here! It's time to release those feelings and thoughts that may be weighing you down and/or keeping you from all the good things you truly want. The good news is you can take a moment right now to acknowledge that this feeling is coming up because whatever the guilt is about matters to you.

Maybe you feel guilty about sharing your dreams with your loved ones for fear of what they might say or think.

Maybe it's different than what your family typically expects of you and each other. How does it impact the family? Traditions? Culture?

It's time to pause, reflect, and release what's holding you back so you can be the person you were always meant to be.

This is the place to drop your bag. All those thoughts and emotions you've been carrying around? Put them here for safe-keeping and free up space in your heart and mind. Write as little or as much as you want.

Let's get started...

Who do you need to forgive? (If you can't think of someone, perhaps it's you who needs to be forgiven.)

Who are you ready to forgive?

If you take action towards the things you want, in what ways will your family (or support system) be supportive? In what ways might they feel betrayed?

Who do you set an example for if you move forward? Also, who benefits?

Who do you let down? (Remember, you count too.)

What's one thing you can do to lead you even the slightest bit closer to your own emotional independence?

What's something positive you've learned in journaling about this today?

What are you most looking forward to next?

GUIDANCE

Wonderful! You're here. Ready for some guidance and direction? Great!

You know how people say things like, "The answers are within you." It's true. I know what you're thinking, "If that's true, then why am I here looking for help?" Because sometimes we just need a little guidance to steer us in the right direction.

It's like looking for your keys before you leave the house. You know they're around, but not exactly sure where. Sometimes someone saying, "Kitchen" is all it takes before you look over, scoop them up and head out the door.

Let's get started...

What's something positive you've learned in journaling about this today?

What do you risk?

What do you gain?

What's the best that can happen?

What's the worst that can happen? What can you do to minimize the chance of it happening? (Even small actions can make a big difference.)

If you get what you want, what do you hope people will say about you?

If you don't get what you want, what do you fear people will say about you?

If you don't get what you want, what if it leads to something better? What does better look like?

If you get what you want, what negative cycles, patterns or behaviors does it break?

If you don't get what you want, what negative cycles, patterns or behaviors does it perpetuate?

List at least three possible solutions.

Let's say your best friend was in a similar situation. What advice would you give your best friend?

Identify one action you'll take towards your solution. What are you going to do? When will you do it?

How will you feel when you take this step? (Hint: If the feeling isn't better than what you're feeling now, go back and come up with additional solutions. The goal is to move you in a positive direction.)

GRATITUDE

When something good happens, do you take a moment to pause and feel that deep level of appreciation? In fact, do that now:

Think of something you're grateful for. If you need some help, you can say you're grateful for this journal. Take a moment to feel thankful. Notice how it feels in your body.

You may notice a warmth around your heart.

Maybe you feel the corners of your mouth turn up a little (or a lot).

Or maybe you notice it feels like butterflies are dancing around in your mid-section.

Regardless, it feels good.

I've yet to meet anyone who says, "Gratitude. Blech! I hate that feeling." It's like joy, happiness, love, and all of those other good feelings. We want it to last. And it can! The more we allow ourselves to focus on the good in our lives, the faster we allow for more good things to show up.

And they always do.

Let's get started:

What or who are you grateful for?

Why are you grateful for this thing/belief/person, etc.?

When you think about what you're grateful for, how does it make you feel? Do you notice anything about your body language, posture, or physical presence? For example, maybe you feel butterflies, contentment, a slight smile, your posture perks up, your heart races, goosebumps, etc.

What do you gain when you feel gratitude? How do you benefit?

What do others gain when you feel gratitude? How do they benefit?

What's one thing you can do to practice gratitude everyday?