

## **Journaling prompts**

- What is ONE triggering thought, idea, or experience to explore today?
- What emotion does it evoke in me?
- Where do I feel this in my body?
- When is the first time I remember having this experience or emotion?
- What did I most need at that moment?
- How can I give myself what I need at this moment?
- What might I need to forgive others for? (Note: more on forgiveness in an upcoming section)
- What emotions have I been carrying that aren't mine? (Can I now set them down/ release them?)
- What might I need to forgive myself for?