

Journalling to

reconnect with your emotions

Over time, many of us have become disconnected from our emotions, brushing them off as mere inconveniences or distractions to push aside.

We often rely on logic, suppression, or diversion to cope, but these tactics only offer temporary relief. Left unchecked, our emotions build up, and like an overfilled cup, eventually overflow.

Instead, take a few moments each day to pause and truly feel. Reacquaint yourself with your emotions, acknowledging them as valuable signals from both mind and body. By embracing rather than avoiding them, we pave the way to emotional healing and wholeness.

Activity Duration: 15 Minutes



Identify the emotion: _____

How intensely do you feel this emotion: 1 2 3 4 5 6 7 8 9 10
low *high*

What are some thoughts you have relating to the emotion?

Do you notice any physical sensations?

Do you notice any urges that this emotion may make you feel?

