

The Journal

Take your time with these questions, there are no right or wrong answers, and you don't need to answer all of them at once. The purpose of journaling is not to produce perfect responses but to become more aware of your own story. When you're ready, over to you!

What are the patterns in my life that frustrate me the most, worry me the most, or cause me the most pain?

When I think about those patterns, what have I always assumed they say about me?

If those patterns were not evidence that something is wrong with me, what else might they be?

Looking back on my life, what experiences may have shaped the way I think, feel, react, trust, protect myself, or relate to others?

What did I learn about love, acceptance, safety, conflict, mistakes, emotions, and belonging when I was growing up?

Were there characteristics of myself that felt welcomed and accepted?

Were there characteristics of myself that felt ignored, criticised, rejected, or unsafe to express?

What did I need to do to feel accepted, loved, safe, or valued in my family, friendships, school, or early relationships?

Which of those strategies am I still using today, even though my circumstances have changed?

What is one pattern I have judged harshly that I can now begin to view with greater understanding and compassion?

If my patterns could speak, what might they be trying to tell me about what I once needed, feared, or longed for?