

GUIDED JOURNALING

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Introduction: Reflect on an event that caused a strong reaction in you. You do not have to answer all questions or write complete sentences. Just use the questions to guide your reflections through all sections.

THE EVENT

Describe only the observable details. What happened? What was said or done?

YOUR REACTION

Do you remember a feeling, such as (but not limited to) shock, joy, sadness, fear, anger, offense, shame?

What did you sense in your body? Where?

What did you do (or say)?

INTERPRETATIONS

What did the event seem to tell you?

Why do you think it created this reaction in you?

ASSESSMENT Part One

How do your assumptions match up with reality?

What expectations do you have about life as it relates to the event?

What expectations do you have about others as it relates to the event?

What expectations do you have about yourself as it relates to the event?

Question any values, beliefs, and/or attitudes you may unrealistically assume to be true.

ASSESSMENT Part Two

Did you use the words *should*, *ought*, *must*, *need* or *have* in your Assumptions? If so, what does this mean?

Did you state negative things, such as *people will not respect, love, or value me? Good things do not happen to me?*

Did you lower your expectations, deny your needs, avoid assertion or make excuses (especially for others)?

Consider your evaluation of others' motivations based on your anticipation of their rejection, criticism, put-downs, or humiliation.

Assessment Part THREE

How can you replace wrong assumptions with a healthy statement?

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