

Heal Your Feelings With The Power Of Journaling

How To Journal Powerfully To Access and Heal Your Limiting Beliefs and Negative Emotions

1. When a negative feeling comes up or an upsetting situation arises, journal as soon as possible.
2. Write down: what am I feeling? If you're not sure, guess. I think I'm feeling_____.
3. Write down: what triggered that feeling? You are not writing the whole story. Just write one or two lines describing the situation
4. Write down: What negative beliefs or thoughts do I have about the situation and or myself. Example: she abandoned me, I failed, I can't handle this...
5. Once you know what the beliefs are, you are now ready to begin reframing your experience of how you are seeing and feeling about the situation. You will use empowering questions to help you perceive the situation and the way you see yourself in a new way. Your beliefs affect your feelings, decisions and actions. So, shifting your beliefs is one of the most powerful things you can do to uplift your emotions and take inspired action.

Here are some great empowering questions to choose from to shift your beliefs:

- ✦ What's another way I can look at this that will give me peace or uplift me?
- ✦ What would my higher self-tell or advise me here? She/He would say....
- ✦ Is what I am saying about about this situation, absolutely true?
What is the evidence to show it is not true?
- ✦ If my best friend thought this, what would I tell them to help them?

Choose the questions above that fit and help you shift your thinking and write down your new reframed thought. When the new thought is more powerful than the negative one, you will see an immediate reduction in your negative state, feeling less intensity and lighter.

6. Once you have written down your new empowering beliefs, write down: What inspired action can I take now to help myself through this? There is no right answer. Don't make it complicated, Write down some easy simple specific steps to take now.

Here are some examples:

* You are feeling very overwhelmed.

-The empowering question you used: What would my higher self-tell or advise me here? She/He would say...

-Your new empowering belief: I deserve to take care of my body and rest.

-Simple action: rest for at least 30 minutes and "chunk down" the project I want to complete each day to make it more manageable

* You feel guilty the way you talked to your partner,

-The empowering question you used: What's another way I can look at this that will give me peace or uplift me?

-Your new empowering belief: I choose to release the guilt which doesn't serve me and focus on making amends to heal our connection

- Simple action: write or say a sincere apology

7. A great way to finish your journal, is to end with gratitude, A great way to end the day,,,write atleast 3 things you are grateful for, and make sure to write it where you really feel the feelings, For example, instead of saying I appreciate my son...a more powerful gratitude would be, I love when he smiles, it lights me up,,, Gratutide will raise you into a higher vibration!

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Journaling this way, is a powerful way to heal your feelings. You are not writing pages and pages. The most important thing is to address the feelings and thoughts connected to your emotional state. I have

used this for myself for many difficult situations in my life as well as my clients. For me, my journal has become “my friend” and I hope yours as well!

Sending you love and light  ...

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