

the *Journal*

THIS BOOK BELONGS TO:

EMPATHY EXERCISE

FEELINGS	
Physical Feelings	pain, stiff, empty, small, smothered, short of breath, tense, wretched, sick
Sad	disappointed, dispirited, melancholic, depressed, down, gloomy, desirous, nostalgic
Regret	guilty, repentance
Worried	tense, nervous, anxious
Pain	hurt, lonely, wretched, mourning
Vulnerable	fragile, uncertain, sensitive
Withdrawn	bored, detached, isolated, alienated, apathetic, cold, numb, impatient
Ashamed	guilty, embarrassed, shy
Scared	afraid, suspicious, panic, paralyzed, startled, anxious
Uncomfortable	troubled, nervous, restless, uncertain, insecure
Hate	hostile, aversion, bitter, loathing, contempt
Envious	jealous
Desperate	helpless, hopeless, powerless, uncertain
Skeptical	torn, lost, bewildered, perplexed, confused
Shocked	startled, upset, surprised, disturbed, alert, panic, overwhelmed
Frustrated	irritated, annoyed, impatient, embittered, irritable
Rage	angry, mad, upset, furious, resentful
Tired	defeated, burnt-out, exhausted, sleepy, weary

NEEDS	
Physical Well-being	air, food, water, shelter, protection, health, comfort, warmth, touch, sexual expression
Harmony	peace, tranquility, relaxation, beauty, order, ease, predictability, familiarity, stability, balance, completion, wholeness
Liveliness	to discover, adventure, passion, spontaneity, play
Power	self-esteem, confidence, dignity, inner power, empowerment, competence, effectiveness
Pleasure	to celebrate, to mourn, flow, humor, laughter, vitality, challenge, stimulation
Connection	collaboration, reciprocity, communication, company, to belong, durability, continuity, to give, to receive, to see / to be seen, to hear / to be heard, to understand, to be understood
Autonomy	choice, freedom, time, space, independence
Authenticity	honesty, integrity, transparency, openness, self-expression
Meaning	to learn, growth, to contribute, to enrich life, hope, creativity, inspiration, purpose, clarity, awareness, liberation, transformation, to matter, participate, to be present, simplicity
Love and Attention	love, compassion, care, attention, acceptance, appreciation, reassurance, affection, trust, involvement, respect, support, nearness, intimacy, tenderness, softness, sensitivity, friendliness

Judgmental Thought	
Observation	
Feelings	
Needs	
Requests	

CORE BELIEFS EXERCISE

What am I struggling with?	I struggle to _____
What's causing the resistance to _____?	My fear. My fear of _____ This response may not be the most immediate or obvious one. However, to break free from negative belief patterns, it's helpful to explore ideas that may initially appear paradoxical.
Why am I afraid to _____?	Because I choose to believe that I need to _____. Somehow, it must feel 'pleasurable' and safe for me. At first, this might seem contradictory, as it implies we're choosing something painful. However, according to Motivational Mechanism, we may believe that feeling this way is necessary for our safety.
Why _____ feels safe for me?	Because it aligns with my comfortable belief _____ Most common negative beliefs often revolve around feelings of unworthiness and victimhood.

Why is it comforting _____?	Because feeling _____ helps me survive.
What life experience shaped this belief for me?	When I _____ _____
Why did they/he/she treat me this way?	Because _____ _____ _____

Realization	I now realize that my core belief of _____ is based on an outdated survival mechanism. This belief was rooted in _____ _____ This belief was only crucial in my childhood for maintaining connection. I now release this trauma by replacing fear with love.
Forming new core belief centered on love	In my mind's eye, I imagine _____ _____ _____ I created a new core belief where my survival depends on _____ _____

MANIFESTATION EXERCISE

Who do I want to be?	
How do I want others to see me?	
What do I want to have?	
Why do I desire it?	