

# EMOTIONAL SELF-CARE DIGITAL JOURNAL





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# A PROMISE TO MYSELF

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PROMISE TO **ACCEPT** MYSELF,

TO LOVE ALL OF MY FLAWS,

AND TO PUT **MYSELF** AND MY **HEALING** FIRST.

I PROMISE TO LET MYSELF FEEL MY EMOTIONS

I CHOOSE TO EMBRACE MY WOUNDS

I DESERVE THE WORLD AND EVEN A LITTLE MORE

TODAY AND EVERY DAY, I CHOSE TO **LOVE** MYSELF, **CHERISH** MYSELF, AND TO **ACCEPT** MYSELF,

JUST THE WAY I AM...



# EMOTIONAL SELF-CARE GOALS

What do I hope to gain from this emotional self-care journal?



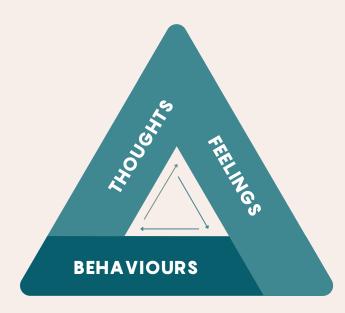
Remember, while a journal is a valuable tool, it is not a substitute for professional therapy. (Disclaimer: Not a substitute for professional therapy. Use this journal mindfully and seek professional help if needed.)



#### Think, Feel, Do

Cognitive Behavioral Therapy (CBT) is a form of psychotherapy that explores the connection between thoughts, emotions, and behaviors. The core principle of CBT is that these three elements are deeply interconnected, influencing one another in a continuous cycle. Our emotions shape our thoughts, our thoughts influence our actions, and our actions, in turn, affect our thoughts. For example, imagine you have an important meeting coming up and think, "I'm going to fail." This negative thought triggers anxiety, making you feel physically uneasy. The discomfort becomes so overwhelming that it hinders your ability to prepare effectively. As a result, you enter the meeting unprepared, increasing the chances of making mistakes—reinforcing your initial belief and continuing the cycle.

#### The Cognitive Triangle



#### Thoughts:

Thoughts are the words that runs through your mind. They're the things you tell yourself about what's going on around you. They are also your beliefs that you tell yourself often. There are many different thoughts you could have about a single situation

#### Feelings:

Feelings come and go as different things happen to you. You might feel happy, angry, and sad, all in one day or all at once. Some feelings are uncomfortable, but they are not bad. Everyone has these feeling from time to time.

#### Actions:

Actions are the things you do, or the way you behave. Your thoughts and feelings have a big impact on how you act. If you feel happy, you are likely to do nice things. But if you feel angry, you might choose to act differently

#### Challenging Negative Thoughts

Am I making assumptions?

Is there another way to look at it?

What are other possible outcomes?

Is there evidence for or against this thought?

Is there evidence for or against this thought?

What would I say to a friend?

Will this matter 6 months from now?

#### 3 C's of Cognitive Therapy

#### CATCH

Identify the thought that came before the emotion

#### **CHECK**

Reflect on how accurate and useful the thought it

#### **CHANGE**

Change the thought to a more accurate, helpful or kind one

# COGNITIVE DISTORTION

#### MENTAL FILTERING

Talking negative details and magnifying them while filtering out all positive aspects of a situation

#### OVERGENERALIZATION

Looking at a negative event as a never ending pattern of defeat. If something bad happens, you expect it to happen over and over again.

#### GLOBAL LABELING

Assigning labels to ourselves and other people. Such as "I'm a loser" or "They're an idiot"

#### CATASTROPHIZING

Blowing things out of proportion and expecting a disaster to strike, no matter what.

#### SHOULDS

Having a list of ironclad rules about how you and other should act. Feeling guilty when you break the rules and feeling angry when others do

#### CONTROL FALLACIES

Feeling externally controlled, you see yourself as a helpless victim of fate

#### FALLACY OF CHANGE

Expecting other people to change in ways that suit your preferences is an unrealistic expectation"

#### POLARIZED THINKING

Talking negative details and magnifying them while filtering out all positive aspects of a situation

#### ALWAYS BEING RIGHT

Having the need to prove that your opinions and actions are correct. Being wrong is unthinkable.

#### JUMPING TO CONCLUSIONS

Imagining that you know what others are thinking and feeling. Thinking you can predict the future.

#### PERSONALIZATION/BLAME

Thinking that everything people do or say is some kind of reaction to you. Blaming yourself or taking responsibility for something that wasn't completely your fault.

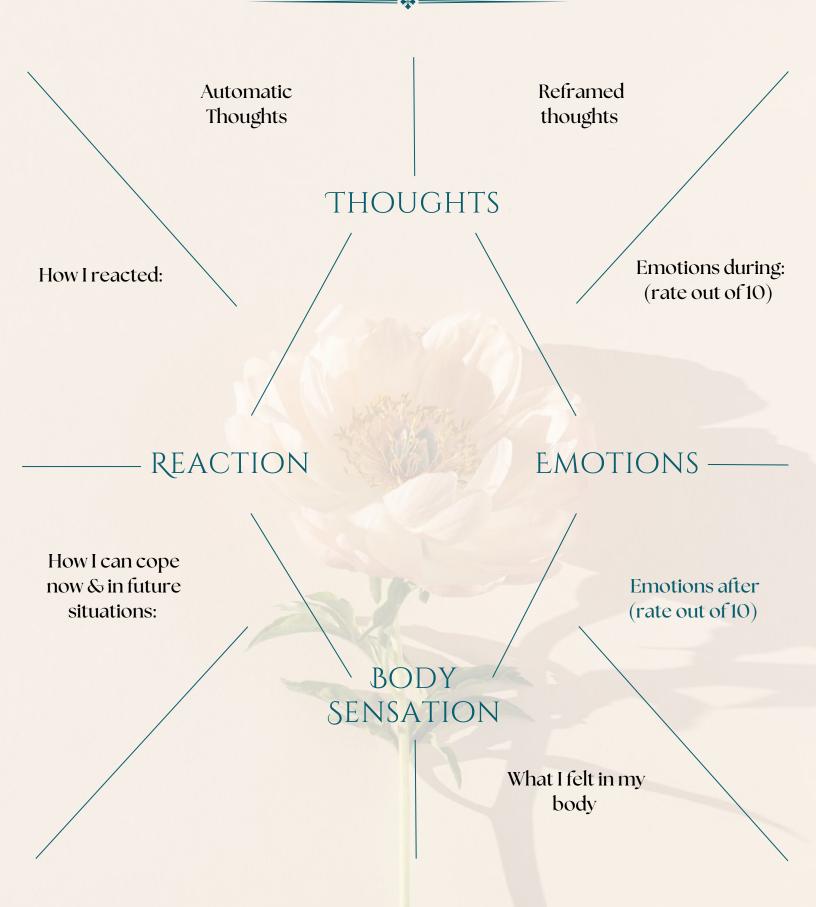
#### **EMOTIONAL REASONING**

Assuming that because you feel a certain way, what you think must be true. "I feel embarassed so I must be an idiot."

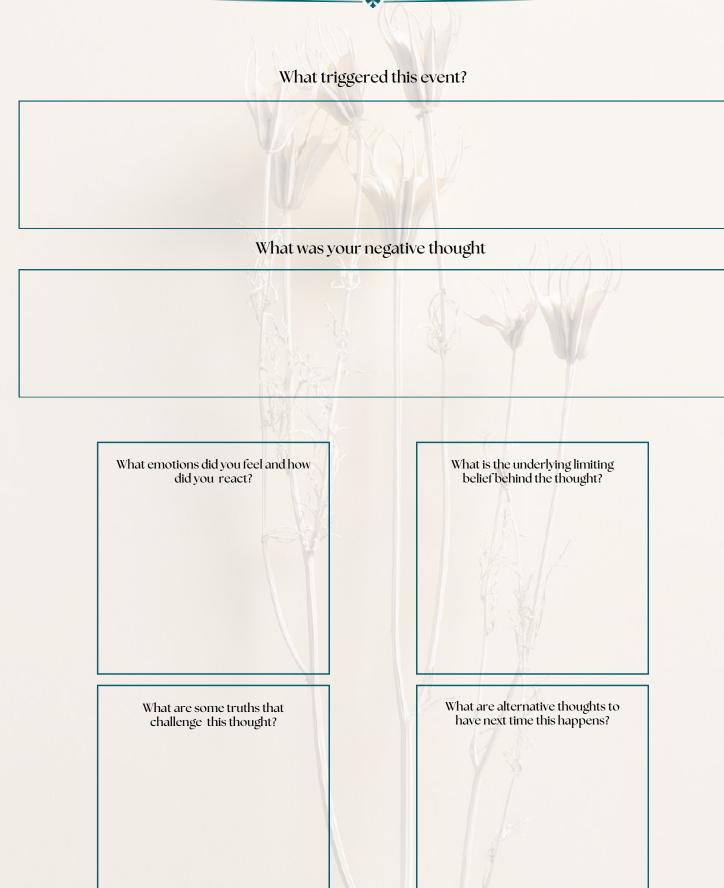
#### PERSONALIZATION/BLAME

Thinking that everything people do or say is some kind of reaction of you. Blaming yourself or taking responsibility for something that wasn't completely your fault.

# CBT DIAMOND



# LET'S REWIRE THOSE THOUGHTS



### BEHAVIORAL ACTIVATION CHANGES

These categories encompass various aspects of life and provide a range of opportunities for individuals to increase their engagement and well-being. The specific activities chosen should be tailored to the individual's preference, values and goals. The aim is to increase overall engagement and well-being by incorporation a variety of activities from these categories into one's daily life.

Here are some common categories of behavioral activities related to Behavioral Activation:

#### Social Activities:

These involve interacting and spending time with others, such as meeting friends, joining social clubs or groups, participating in team sports, or attending social events.

### Physical Activities:

Engaging in physical exercise or activities can be beneficial for both physical and mental well-being. Examples include walking, jogging, swimming, yoga, dancing, or participating in a sports activity.

### Hobbies & Interest

Pursuing hobbies and personal interests can bring a sense of enjoyment and enjoyment and fulfillment. This may include activities like painting, playing a musical instrument, gardening, cooking, reading, or engaging in crafts.

### Self-care (Activities

Taking care of oneself is crucial for overall well-being. This category includes activities like practicing relaxation techniques, getting enough sleep, maintaining proper nutrition, engaging in mindfulness or meditation, and engaging in activities that promote self-reflection and self-care.

### Productive Activities

Engaging in tasks that contribute to a sense of accomplishment and productivity can be empowering. This may be involve activities such as setting goals, organizing and decluttering, pursuing educational or career-related tasks, or engaging in volunteer work.

### Pleasant Activities

These activities focus on bringing joy and pleasure into one's life. Examples may include watching movies, listening to music, spending time in nature, trying new experiences, engaging in creative pursuits, or simply engaging in activities that one finds enjoyable and relaxing.



The past can affect your present as well as shape your future. Therefore it is important to understand it and work through any events that have occurred in your life

N. M.	What past events do I feel like are affecting my life today?
- V	
	Why are these affecting me and in what ways?
	How can I work through this to heal?

# LETTING GO OF A PAST EVENT

The situation / event I'd like to let go of:		
What is stopping m	ne from letting it go?	
Positive steps I can take towards letting go	How will letting go make a difference in my life:	
Things I learned from this experience	Ways in which I've grown because of this:	
A compassionate message to	the part of me that's hurting	



In this section we will be naming some of our limiting beliefs about ourselves, our acquaintances, or our world around us. We will then look inwards for alternative and productive belief systems to replace limiting beliefs. For example, I used to believe I didn't have a good personality because I wasn't popular. I would change this belief to the better alternative of, I am wonderful person inside and out, even if I'm not considered "popular"

A belief that is holding you back "ex. I can't change myself"	Where did this belief come from?
Where did this belief come from?	How is this belief harmful?
What is a better alto	ernative for this belief

# BEFORE I BELIEVE THIS THOUGHT

Remember: our thoughts are not facts. Instead, they are heavily influenced by many factors such as our experiences, emotions, and beliefs. Next time you feel tempted to take a thought as true, try asking yourself the following questions to see what might be influencing how you are thinking.

Mind Reading: Am I reading someone's mind?	I
Is this thought based on information I don't know to be true and that might actually be false? Ex. They all hate me or Everyone thinks I'm lazy	
CAll or Nothung: Am I thinking in black and white?	
Is my thought black and white when there may actually be grey? Ex: "If it's not perfect it's terrible" or "If I can't do it right I shouldn't try at all"	
Megative Filtering: Am I filtering out the positives?	
Am I over-focusing on the negatives of the situation? Ex: Hyper-focusing on one criticism and discounting the multiple compliments	
Generalization: Am I jumping to conclusions?	
Am I making conclusions based on not enough evidence? Ex: "My boss is upset so I'll probably get fired or They're not responding "They hate me"	
Personalization: Am I taking things too personally?	
Am I making things entirely about me when there may be other reasons involved? Ex: "My partner said they're annoyed-I must be annoying them "	
Catastrophizing: Am I minimizing or maximizing the situation?	
Am I exaggerating or shrinking the importance of things? Ex: Making a mountain out of a molehill or "If I fail this test I won't get into college and I'll never be happy"	
Blaming: Am I placing blame where it doesn't belong?	
Am I over-blaming myself or lacking accountability in this situation? Ex: "I'm so stupid for not predicting the weather" or "It's all their fault- I did nothing wrong"	
Emotional Reasoning: Am I over-focusing on emotions?	
Am I over-relying on my emotions with this thought and forgetting logic? Ex: "I'm worthless (when feeling insecure) or "I'm unlovable" (when feeling rejected)	
Should Statements: Am I using shoulds?	
Is my use of "should" making me feeling guilty or bad? Could I use "could or something else? Ex: "I should be working out right now" or "I should have known better	
Labeling: Am I attributing labels too quickly?	
Am I applying a label where it doesn't belong? Ex: "I'm stupid because I failed a test" or "I'm a narcissist because I did something for myself"	

### STAY AWAY FROM NEGATIVE THOUGHTS

Practice Mindfulness: Engaging in physical exercise or activities can be beneficial for both physical and mental well-being. Examples include walking, jogging, swimming, yoga, dancing, or participating in a sports activity.

Challenge Negative Thoughts: Actively challenge negative thoughts by questioning their validity and looking for evidence to support more positive and realistic perspectives.

Surround yourself with positivity: Surround yourself with positive influences, whether it's supportive friends, uplifting media, or inspiring activities. Create an environment that fosters positivity

Practice Gratitude: Cultivate a gratitude practice by regularly acknowledging and appreciating the positive aspects of your life. This can help shift your focus away from negativity.

*Exercise*: Regular physical exercise releases cadorphins and promotes overall well-being, helping to reduce negative thoughts and improve mood.

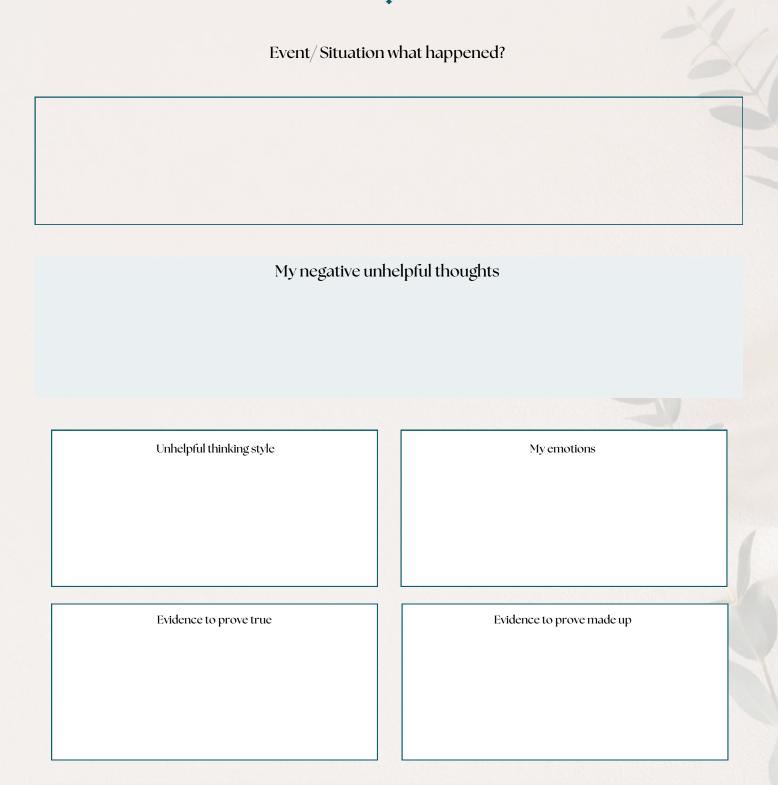
*Avoid Megative Triggers*: Identify and minimize exposure to triggers that tend to evoke negative thoughts or emotions. This might include limiting time spent on social media or avoid certain environments

*Self Care:* Prioritize self-care activities that bring you joy and relaxation. Engage in activities such as hobbies, reading, taking walks, or pampering yourself to promote a positive mindset.

Positive Affirmations: Repeat positive affirmations or mantras to yourself regularly Replace negative self-talk with uplifting and empowering statements.

Seek Support: Reach out to supportive friends, family or a therapist when you need someone to talk to or gain perspective. Sharing your thoughts and concerns with others can help alleviate negativity.

# CHALLENGE NEGATIVE THOUGHTS



My positive realistic thoughts

# EXPLORING BOUNDARIES



What do I struggle to s	et boundaries with?		
Type of Boundaries I struggle to set with this person:			
Emotional Financial Time Physical Spiritual Other			
What am I afraid will happen if I set boundaries with them	In what ways is not setting boundaries affecting me:		
How is the lack of boundaries affecting our relationship			

### EXPLORING BOUNDARIES



## UNDERSTANDING IMPOSTER SYNDROME

Impostor Syndrome is characterized by a combination of cognitive and emotional traits that lead individuals to doubt their own abilities and feel like frauds despite evidence of their competence. Impostor Syndrome exists on a spectrum, and individuals may experience these traits to varying degrees. Not everyone with Impostor Syndrome will exhibit all of these traits, but a combination of them can contribute to the overall experience of feeling like an impostor. Recognizing these traits is the first step toward addressing and overcoming Impostor Syndrome. Here are some common traits associated with Impostor Syndrome:

Persistent Self Doubt: Individuals with Impostor Syndrome often doubt their skills, talents, and accomplishments. They may believe that they are not as competent as other perceive them to be.

Attributing Success to External Factors: Instead of recognizing their own capabilities, people with Impostor Syndrome tend to attribute their achievements to factors such as luck, timing, or the help of others. They often downplay their role in their success.

*Fear of Exposure*: There is a constant fear among those with Impostor Syndrome that they will be exposed as frauds or impostors. They worry that others will discover they are not as capable as they appear to be.

*Perfectionism*: Many individuals with Impostor Syndrome set extremely high standards for themselves and believe that anything less than perfection is a failure. They often engage in overworking and obsessively striving for flawlessness.

Overachieving or Overworking: To compensate for their perceived inadequacies, people with Impostor Syndrome may work excessively hard, take on more responsibilities that necessary, and over prepare for tasks

Difficulty Accepting Praise: Those with impostor syndrome may have difficulty accepting compliments or positive feedback. They may brush off praise or attribute it to factors other than their abilities.

Comparing Themselves to Others: People with Impostor Syndrome often engage in constant self-comparisons with others, focusing on those they perceive as more successful or competent. This habit can reinforce feelings of inadequacy.

*Megative Self Talk:* Individuals with Impostor Syndrome engage in negative self-talk, often berating berating themselves for perceived mistakes or shortcomings. They may have an inner critic that is overly harsh.

**Procastination:** Fear of not meeting their high standards can lead to procastination and avoidance of tasks, as individuals may be paralyzed by the fear of failure.

Difficulty Internalizing Success: Even when they achieve success, individuals with Impostor Syndrome may struggle to internalize it. They may view success as temporary or attribute it to external factors.

### TYPES OF INNER CRITIC

Understanding these different types of inner critics can help individuals identify which specific aspect of their inner critic is most active and develop targeted strategies for managing and mitigating its impact on their mental well-being and self-esteem.

Perfectionist: The Perfectionist inner critic sets impossibly high standards and expects flawless performance in all areas of life. It often leads to relentless self-criticism when these unrealistic standards are not met.

*Gruner Controller*: The Inner Controller inner critic strives to maintain strict control over emotions and behaviors, often suppressing authentic feelings and desires. It can result in emotional repression and sense of inner rigidity.

*Caskmaster*: The taskmaster inner critic constantly pushes for productivity and achievement, sometimes to the point of burnout. It can be relentless in its pursuit of goals and may disregard self-care.

*Undermine*: The Undermine inner critic undermines self-confidence and se<mark>lf-esteem by emphasizing personal flaws and weaknesses. It erodes self-belief and fosters self-doubt.</mark>

**Destroyer:** The Destroyer inner critic promotes self-sabotaging behaviors and negative self-talk often leading to self-destructive patterns that hinder personal growth and success.

*Guilt-tripper*: The Guilt-tripper inner critic magnifies feelings of guilt and shame, even for minor mistakes or perceived wrongdoings. It can lead to a chronic sense of unworthiness.

*Conformist*: The Conformist Inner Critic pressures individuals to conform to societal norms and expectations, stifling individuality, and authentic self-expression. It often creates anxiety about being judged or rejected.

Comparison: The Comparison inner critic encourages individuals to constantly compare themselves to other, often resulting in feelings of inadequacy, envy or competitiveness

# ACKNOWLEDGE MY ACCOMPLISHMENTS

My Accomplishment	Obstacle I Overcame
My Accomplishment	Obstacle I Overcame
My Accomplishment	Obstacle I Overcame

# PERSONAL TRACKING LOG

Situation: What triggered concerns about your performance?		
	A COLLEGE	
What went through your mind?		
Emotions & body feelings: What did you feel?		

Response: How did you cope with the situation and feelings



Accepting and embracing your emotions surrounding love can guide you in understanding your desires and creating a fulfilling life and relationships.

How do my past experiences shape my perception and understanding of love?

What are my beliefs and expectations about love, and where do they come from?

Are there any fears or insecurities that hinder my ability to give and receive love fully?

Are there any self-limiting beliefs about love and relationships that hold you back from experiencing deeper connections?

How can I cultivate a more compassionate and nurturing relationship with myself and others?



Healing is an important process which can consist of many different layers. Taking time to reflect so different emotions and thoughts can help to heal internal wounds

What emotion, habit or state of being is repeatedly getting in my way?	Negative words
What is blocking me from healing from these things/	people/ events?
Methods that can help me to heal	Positve words
Where do I feel most at peace?	

# AN EMOTIONS INVENTORY

A

Angry Annoyed Afraid Awkward Affectionate Anxious Alarmed Awed Aggravated Amazed Astonished Amused Apprehensive Absorbed **Ambivalent** Ashamed Able Admired Admirable Affable Agreeable Aggressive Abandoned

#### B

Brave Bothered Bewildered Bitter Bashful Blue Baffled Blissful Buovant Bereaved Bold

C

Cheerful Cooperative Confident Calm Cold Curious Content Considerate Cautious Cranky Crestfallen Chagrined Carefree Composed Capable

C

Caring Careful Contemptuous Cross Concerned Complacent Charitable Crushed Catankerous Compulsive

 $\mathbf{D}$ 

Defiant Depressed Discouraged Delighted Disgusted Determined Disappointed Detached Daring Disillusioned Devious Dismayed

E

Elated Enthusiastic **Embarassed** Edgy Excited Envious Exhausted Eager Exuberant Enraged Euphoric Extravagant Ecstatic Eager Emboldened

F Funny Frightened Fearful **Furious** Fair Frustrated Forgiving Flustered Fulfilled Fatigued

G

Grouchy Guilty Griefstriken Generous Greedy Grateful Grumpy Guarded Gleeful Glad Gloomy Glum Gracious Grateful

Н

Нарру Humiliated Hurt Helpless Hopeless Horrified Hesitant Humbled Heartbroken Hysterical Hyperactive

J

Jocular Jittery Jealous Joyful Joyous Judgmental Judged Jaded Jocular Jittery

K

Kind Keen

L

Loving Lonely Lackluster Leery Lethargic Listless Lazy

M

Mad Meek Mean Miserable Malevolent Marvelous Manipulated Manipulative Misunderstood Mischievous Mopey Melodramatic Moody Melancholy Mirthful Moved Morose Manic

N Nice Naughty Nasty Nervous Neglected Neglectful Needy Needed Naive Nonchalant Nonplussed Numb

 $\bigcirc$ 

Overpowered Overjoved Obedient Obsessive Obsessed Offended Outraged Overloaded Overstimulated Obstinate Obligated Optimistic Open Openminded

p

Panicked Panicky Peaceful

P

Playful Pensive Puzzled Powerful **Powerless** Pleased Petty Petulant Preoccupied Proud Prideful Prickly Petrified Pressured Perturbed Peeved Passive

O

Quirkly Quarrelsome Qualified Quivery Quiet

R

Relieved

Relaxed Resentful Rattled Refreshed Repulsed Rational Reasonable Reasoned Rebellious Reluctant Reassured Remorseful Reserved Rejuvenated Restless

S Sad

Surprised Silly Scared Sorrowful Serious Shy

S

Satisfied Sensitive Safe Stressed Stubborn Sarcastic Spiteful Scornful Secure Serene Smug Sociable Sympathetic Startled Satisfied Sanguine Skeptical Sincere

Thankful Tearful Teary Thoughtful Tolerant Trusted Trusting Trustworthy Temperamental Terrified Timid Tired Troubled Tickled Torn Touched Threatened Tender Tranquil

U

Useless Useful Unimpressed Unappreciated Undecided Unruly Uptight Unnerved Unhappy Unsteady Uplifted Unsure

U

Uneasy Uncertain Uncomfortable Unruffled Unafraid

V

Vivacious Vain Vibrant Violent Valued Valuable Vital Vexed Volatile Vulnerable Victorious Victimized Vacant

W

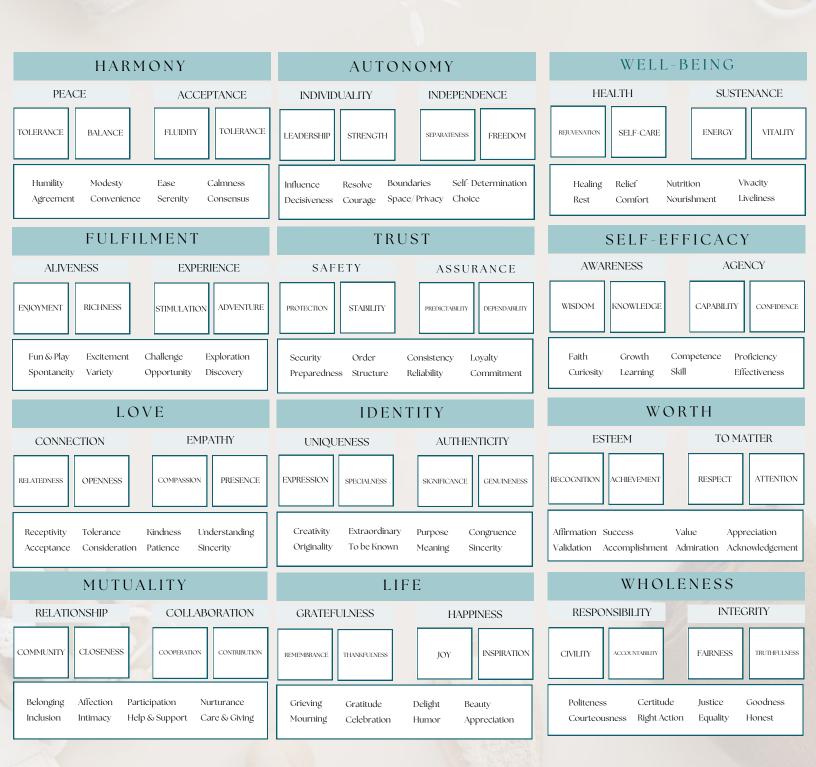
Worried Wary Weak Weary Wistful Willful Willing Weepy Whinv Worn Whimsical Warm Witty Withdrawn Worthless Wronged Wasted Worldly

Υ

Youthful Yielding Yearning

7 Zany Zealous

# THE ESSENTIAL NEEDS GUIDE



# MY COPING STRATEGY

Identify which unhelpful thinking style I'm experiencing
Write my thoughts down
Fact-check my thoughts
Ask myself if there is a bright side to my thoughts
Can I take action on my thoughts that will resolve them Validate how I'm feeling
Talk to someone I trust about my feelings/thoughts
Take a moment to count my blessings
Let it go
Distract myself
☐ Do something nice for myself
Write a letter about my unhelpful thoughts and destroy it Focus on the present



Things I want to bring up in this session		Discussed Topics
Summa	ry of Session	
Hard Topics		Notes
Helpful suggestion & Exercises		For next session

# DAILY CHECK-IN

What happened?	How do you feel about it?		
	5.		
What negative thought patterns did you recognise today?			
How can you lear	rn from this situation		

# MY DAILY JOURNAL

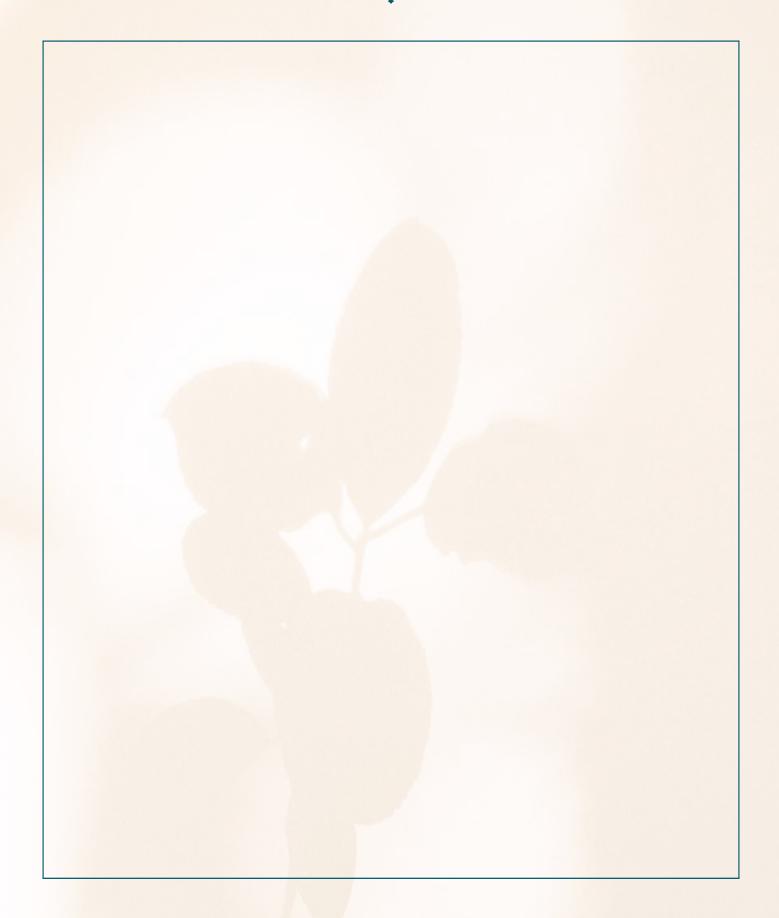
Prompt:	
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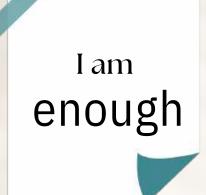


"Within your shadow journal, you hold the power to uncover hidden depths of your soul and embrace the profound wisdom that rises from within."

List some of your favorite quotes below

1	
1	
1	











I am
strong

The only approval I need is mine

I can make a difference I'm exactly where I need to be right now I am not my past



I love the person I'm becoming

I will embrace my imperfection

My mistakes do not define Me

I am committed to loving myself

I deserve to have the bestLife

I am calm and peace

There is space for me to **STOW** 

I am a beautiful work in **Progress** 

I will never give up on my hopes and dreams

The qualities
I seek
is already
inside Me

Everyday I get one step Closer

I am a good influence on others

Fullfilment can only come from Within

I act with courage and confidence