

Journaling Tips & Contemplative Questions



This document is the supplement I promised in *Beyond Abuse: An Empowered Journey of Soul, Science & Self-Help*, Chapter 9: Know Thyself. It's also mentioned in the FAQs as a tool after a private session.

Journaling is a well-known tool to help you:

1. Heal
2. Grow
3. Shift attention
4. Create awareness
5. Develop resilience
6. Understand yourself
7. Embrace self-acceptance
8. Release anguish and anger
9. Validate yourself
10. Find appreciation
11. Discover the authentic you
12. Open to so much more...

Need I say create peace, freedom, fulfillment, love, and joy?

What is the intention of journaling?

These questions are not meant to overwhelm. Giving yourself permission to heal is widely recommended, and journaling can put you on that path.

Are there other questions that could be asked? Of course. Could the way some of the questions are worded trigger you? Yes, Is that the intention? No, Yes & Maybe. What does your soul have to say about that? Is there a beneficial purpose if you are triggered? Recognition and acceptance take us out of denial. And we can't heal if we are trapped in denial.

Journaling is a practice of self-exploration, assisting you in getting to know yourself more intimately. The point is to be comfortable in your own skin. Comfort is a step toward learning to love ourselves and being open to receiving love.

Asking yourself questions about your own experiences helps you see the experiences from a new perspective.

How do I start?

Not all questions may apply. Choose which questions resonate first. Take your time, and don't attempt to answer the questions all at once. As you journal, revisit the list as something new may come up wanting to be released.

Another benefit of knowing yourself is knowing how your intuitive knowing works so you can learn to trust it.

Do you over-think or under-think? Do you get stuck in rumination that doesn't ever provide you with an answer? Would it make sense to spend less time in rumination and more time focused on creating dreams?

Get to know what you know, not what you think. Drop your attention, energy, and awareness into the heart center and ask: "What does my soul want me to know?" Then, start to write without judgment.

If you find yourself in resistance:

1. Do a breathing exercise.
2. Ask for divine guidance.
3. Perform a sensory activity.
4. Stretch and shake up your energy.
5. Say, I can do this.
6. Say, I must not fear. Fear is a mind-killer.

What do I do if I feel triggered?

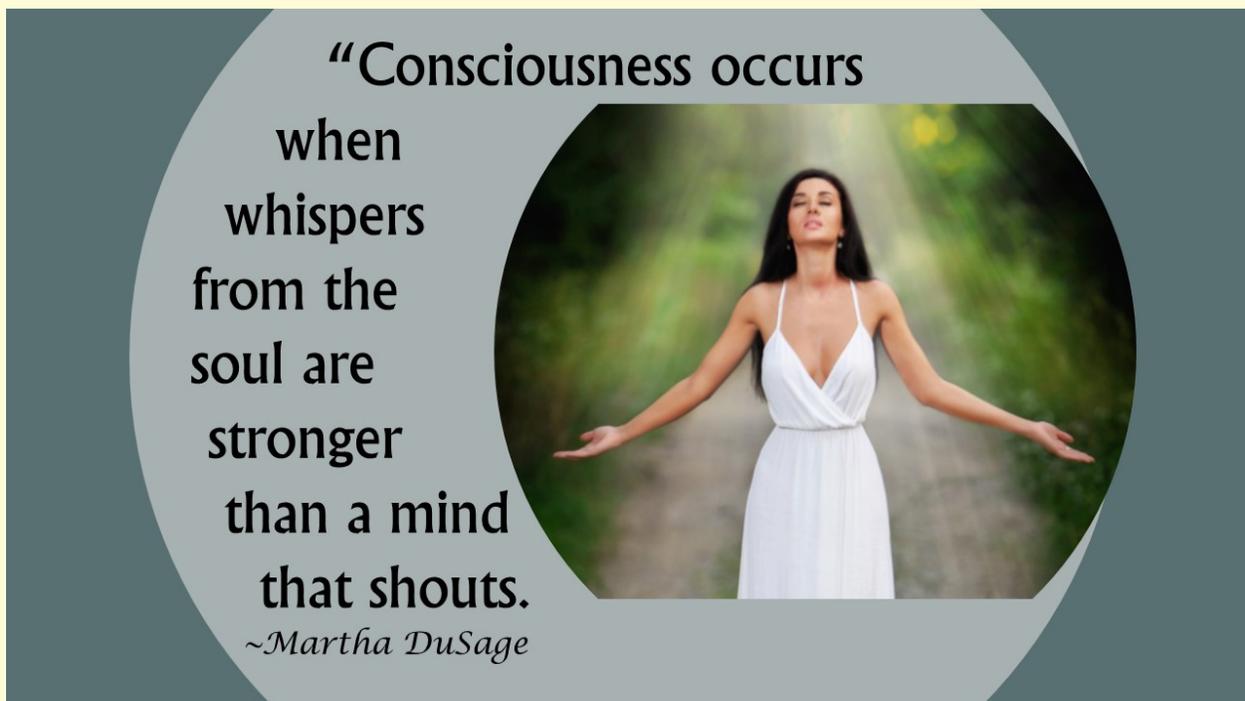


If you feel triggered, embrace the feeling. Give yourself a hug or a virtual hug. It's just you and your journal, so it's a safe space to express yourself. Put yourself in the state of being the observer, aka witness, to your experience. Ask your ego to step aside and *let your soul be the pilot*. Let the ego speak when you need to release an attachment but recognize what needs to be released.

As you consider the questions, just be with them. Skip over what doesn't resonate for now. Resistance can be avoidance. We all need to start somewhere.

Questioning will help you with clarity when setting intentions. A benefit of deep contemplation is stopping self-sabotage and claiming your power when setting those intentions.

Do you remember this quote?



Be open to hearing wisdom emanating from your soul. The questions can help you *move through the steps of being a victim, survivor, and neutrality, to be inspired and empowered*, where you feel balanced, functional, and integrated.

Caution: Don't be overwhelmed with so many questions that it becomes idle chatter, rumination, or chaos.

Caution: Don't use “that's just how I am” as an excuse to stay stuck in the past, wallow in self-pity, or perpetuate rumination or self-loathing.

Caution: Stay out of the “I'm too(s). “I'm too” doesn't give you enough credit to know what you are truly capable of.

Focus on one issue at a time. This is why the questions are listed more as subjects than individual questions:

1. **Trust:** What shattered your ability to trust? Do you know what to trust and not trust? Are you mistrusting? Too trusting? Trust yourself? Trust your intuition? Do you want to stay attached to people you don't trust? What will it take to restore trust and confidence in myself and be resilient?
2. **Independence:** Are you independent? Dependent? Co-dependent? Interdependent? Dependable? Needy? Do you have a hard time asking for help? Are you helpful or helpless? Do you feel like you have to do everything yourself?
3. **Motivation:** Do you procrastinate, or are you hypervigilant? What motivates you? Demotivates? Attracts? Repels? Do you know when to speed up and when to slow down? Rest or be in action? Do you recognize divine intervention and timing where patience was a blessing in disguise? Can you use your triggers as motivation rather than cause despair?
4. **Control:** Are you controlling or allowing yourself to be controlled? Why does it easier to stand up to some and not to others? What could you do differently to exercise self-control? What could I do to express my strength and power without being over-controlling?
5. **Responsibility:** Do you know when to take or accept responsibility? When not too? Were you gaslighted into feeling guilty and responsible for fixing everything? Where could you take more responsibility for yourself and less for others? How could you be nurturing toward yourself? Do you sacrifice yourself? Are you a people pleaser?
6. **Ego:** Where does my ego get triggered, causing me to react rather than respond? Do I recognize my triggers? What emotions are coming from these trigger reactions that I can now allow my soul to be in charge of?
7. **Blame:** Do you point fingers? Point them at yourself? Does the blame game help me move forward? Where is my attention better served?

8. **Voice:** Have you found your authentic voice? Do you know... When to speak up? When to retreat? When to be silent? How to choose battles wisely? When to take the time to observe? When to allow a scenario to play itself out before responding? Before responding, are you checking in with your soul to know how and when to respond, and will it be from the heart and not from ego?
9. **Victimization:** Can you acknowledge you were a victim but not play the victim? Is the program of victimization causing you to attract more? Is it miscreating self-sabotage?
10. **Fear:** Does it make sense to hold onto fears from the past? Does fear grip you or at times leave you feeling paralyzed? Does fear cause you to be in denial? Do you fear mistakes? What if I simply used my awareness to prevent myself from repeating patterns that damage my soul? What do you avoid? What should you avoid? Escape? Confront? Are you filled with insecurity and self-doubt? What if I turned fear into awareness?
11. **Integrity:** Do you know when it's important to apologize? Are you overly apologetic? Can you admit when you were wrong? Do you have a hard time making choices? Are you making choices others push you into that go against your intuition and integrity? Are you sovereign in your choices, or do you shut down in self-doubt? Do you know when to say yes, and when to say no?
12. **Boundaries:** Are your boundaries set? What will you accept or reject? What will you tolerate and not tolerate? Where can you be more tolerable? What shouldn't you accept or tolerate? Are there areas where it would be beneficial to open your borders? Shut them down?
13. **Confidence:** Are you confident in your choices? Are you secure or insecure? Do you know your capabilities? Are you willing to expand your abilities? Do you reject or accept yourself? Are shame and embarrassment blocking your confidence? What new things are you ready to try? What's the worse that could happen if you tried?
14. **Self-Worth:** Do you at times feel unlovable or unworthy? Were you treated with indifference that made you feel unimportant? Were you criticized and

shamed? Do you recognize when you feel unworthy, incapable, or not good enough? Or is unworthy a conditioned response that remains out of your awareness? Do you see the root cause? Are you willing to break that unhelpful patterned cycle and claim your self-worth? Are you ready to recognize your self-worth? By validating your self-worth, will that open the door to self-love?

15. **Self-Love:** Do you ever find yourself in self-loathing? Do you at times feel unlovable? Do you worry about what other people think? Care too much? Care too little? Feel shame? Do you find yourself being a doormat? Are you giving? Over-give of yourself? If you focus on what will bring you peace, can you trust that you will find self-love? Are you open to receiving? Open to being supported? Open to living abundantly?

16. **Creation:** What makes you feel at peace? What brings you joy? What touches your heart? Where do you see beauty? What makes you smile? What makes you laugh? What makes you feel vibrant? Do you remember a time you felt timeless joy? What do you enjoy so much that you can get lost in time doing it?