

BOOK PAGE 465

MENTAL HEALTH REFLECTION JOURNAL

Use this for reflection and preparation, not self-diagnosis. You can write without trying to solve everything.

Date:

Time / context:

What am I feeling right now, in my own words?

What happened recently that may be influencing this?

What thought, worry, grief, conflict, or pressure keeps returning?

What am I noticing in my body?

What do I need that I have not named yet?

What would support look like today?

Privacy reminder: This worksheet may contain private health information. Store it securely and share it only as appropriate.

ASK, NOTICE, SHARE

REFLECTION JOURNAL

Questions I could use for guided reflection

- ☐ Help me think through what might be underneath this feeling by asking me questions rather than giving me a diagnosis.
- ☐ Help me identify the emotional weight I may be carrying by asking five questions I might not have thought to ask myself.
- ☐ I feel depleted rather than sad. Help me think through the difference and what might be contributing.
- ☐ I want to process something that happened. I am not looking for advice; I want help finding what I am actually feeling.

What I may want to bring to a professional

If you may be in immediate danger or at risk of harming yourself or someone else, seek urgent help. In the U.S., call 911 for an emergency or call/text 988 for the Suicide & Crisis Lifeline.