



# JOURNALING E-BOOK

ROOTED IN THE PENNEBAKER  
PROTOCOL

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# Welcome!

I am a Licensed Professional Counselor and I have created this ebook as a ready-made way to guide you through processing difficult, sometimes overwhelming, feelings. I hope you find it helpful.



I created this journal with a clear purpose: to help individuals confront and process a specific challenge in their lives. Whether it's a recurring conflict, emotional struggle, or a major life decision, focusing your thoughts on one particular issue allows for deeper exploration and resolution. This journal provides a structured yet flexible framework to guide users through understanding their emotions, uncovering patterns, and discovering actionable solutions.

*Tiffany Viveros, LPC*













































# NEED MORE?



**My hope is that these writing exercises have allowed for exploration and clarity around a specific problem for you.**

If you find that there is still confusion or angst, please reach out to us and allow us to partner with you in this problem solving journey. We are ready to lend a hand!

[WWW.VIVEROSANDASSOCIATES.COM](http://WWW.VIVEROSANDASSOCIATES.COM)