

JOURNALING E-BOOK

ROOTED IN THE PENNEBAKER
PROTOCOL

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Welcone!

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.

NAMING THE PROBLEM - DESCRIBE THE PROBLEM YOU ARE CURRENTLY FACING? HOW IS IT IMPACTING YOU? DESCRIBE HOW IT IS EFFECTING YOUR DAILY LIFE.

ROOT CAUSE - WHAT ARE THE ORIGINS OF THIS PROBLEM? WHAT EMOTIONS COME UP WHEN YOU THINK ABOUT IT'S ORIGINS?

EMOTIONAL LANDSCAPE - LIST THE EMOTIONS THAT COME UP WHEN YOU THINK OF THIS PROBLEM. WRITE THE ASSOCIATED THOUGHTS THAT COME WITH EACH EMOTION.

IMPACT - HOW HAS THIS PROBLEM IMPACTED YOUR RELATIONSHIPS? HOW HAS IT IMPACTED YOUR SELF-CONCEPT?

ACCOUNTABILITY - WHAT ROLE DO YOU PLAY IN THIS PROBLEM? WHAT CAN YOU TAKE ACCOUNTABILITY FOR?

PERSPECTIVE TAKING - HOW DO YOU THINK OTHERS INVOLVED (DIRECTLY OR INDIRECTLY) IN THIS PROBLEM FEEL ABOUT IT?

RESPONSES - REFLECT ON ALL THE WAYS YOU HAVE RESPONDED TO THIS PROBLEM. HOW EFFECTIVE WERE THEY? DID THEY ALIGN WITH YOUR VALUES?

NEEDS - WHAT DO YOU NEED TO FEEL BETTER ABOUT THIS PROBLEM?

SOLUTION - IMAGINE THIS PROBLEM IS SOLVED. WHAT EMOTIONS WOULD YOU FEEL? HOW WOULD YOU KNOW IT WAS SOLVED?

SOLUTION - IF SOMEONE YOU REALLY CARED ABOUT WAS EXPERIENCING THE SAME PROBLEM, WHAT ADVICE WOULD YOU GIVE THAT PERSON? HAVE YOU FOLLOWED YOUR OWN ADVICE? WHAT ARE YOU WILLING TO DO DIFFERENTLY?

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!

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