



REFLECTIVE

You enjoy writing about your feelings and emotions. For you, looking deeply into your inner world feels interesting and helps you process what is going on in your world.

Reflective types can be considered "over-thinkers" when they are unsure how to process intense feelings. Using your journal to process your inner thoughts and emotions will help you take the tendency towards rumination and channel it so that you understand your own strengths, make decisions that are aligned with your personality and feel more grounded in your daily life.



THREE JOURNAL PROMPTS FOR REFLECTIVE TYPES

1

Choose any emotion:

- ☐ Happy ☐ Sad ☐ Frustrated ☐ Disgusted ☐ Disappointed
☐ Joyful ☐ Jealous ☐ Afraid

Write about a time in the past week when you were feeling that emotion.

This week, when I was feeling _____, what stands out most is

2

Think about a person who has had a significant impact on your life. !

Write a Gratitude letter to this person explaining their impact on you.

***You do not have to send the letter, but you might follow-up your journal entry with a thank you note**

3

Describe a situation in which you felt challenged and how you handled it.

What is it about your behavior in this situation makes you feel proud of yourself?

Is there anything about that situation that you would handle differently? What did you learn from this challenge?

SUPERCARGE YOUR JOURNAL WITH THIS FINAL STEP

Don't forget to go back and read what you have just written!!!

Take a few seconds to add an additional sentence summarizing this journal entry by responding to this prompt:

As I read this, I notice...

CONTACT



Info@jentaylorplaytherapy.com



jentaylorplaytherapy.com

