

Journal Audio Tracker: The Residue of Trauma:LH

Chapter Eight- fill out before listening to audio Date: _____

Mood/Emotion Before Audio

VERY SAD ← → VERY HAPPY

What are you doing that is working?

What do you want to create?

Reflections: What did you notice shift during the audio session?

Mood/Emotion After Audio

VERY SAD ← → VERY HAPPY

How did your parents regulate their emotions? How did that make you feel?

How did you feel burdened/frustrated as a child?

Who or what dysregulates you emotionally?

What do you feel you missed in childhood?

List topics you still want to work on that relate to this chapter