

# Journal Audio Tracker: The Residue of Trauma:LH

**Chapter Ten**- 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

Where do you need support?

Where do you feel you failed yourself?

What boundary is the hardest to enforce consistently?

Where do you not trust yourself?

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