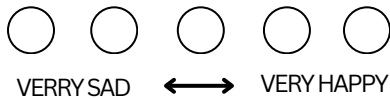


Journal Audio Tracker: The Residue of Trauma:LH

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

Mood/Emotion Before Audio

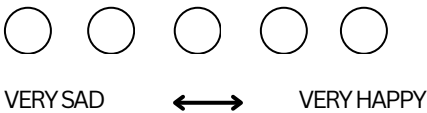


What are you doing that is working?

What do you want to create?

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

Mood/Emotion After Audio



What topics do you grind on constantly?

What is your strongest negative emotion?

What do you exaggerate in your life?

What do you feel you can't handle in life?

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