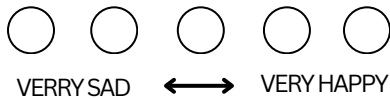


Journal Audio Tracker: The Residue of Trauma:LH

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

Mood/Emotion Before Audio

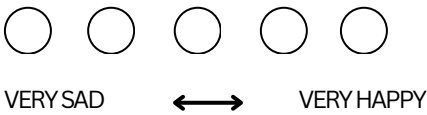


What are you doing that is working?

What do you want to create?

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

Mood/Emotion After Audio



What do you keep doing that doesn't help you?

List negative thoughts you have about your self?

LIST NEGATIVE THOUGHTS YOU HAVE ABOUT THE WORLD?

LIST NEGATIVE THOUGHTS YOU HAVE ABOUT THE FUTURE?

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