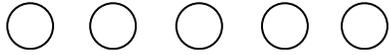


# Journal Audio Tracker: The Residue of Trauma:LH

**Chapter One**- 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

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?

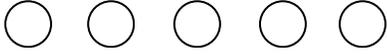
List topics you still want to work on that relate to this chapter

# Journal Audio Tracker: The Residue of Trauma:LH

**Chapter Two**- 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

What nurturing did you lack as a child?

How were you punished as a child?

What is the hardest emotion for you to regulate?

What do you do to numb out or escape life?

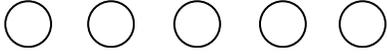
List topics you still want to work on that relate to this chapter

# Journal Audio Tracker: The Residue of Trauma:LH

**Chapter Three**- 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

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?

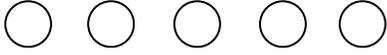
List topics you still want to work on that relate to this chapter

# Journal Audio Tracker: The Residue of Trauma:LH

**Chapter Four-** 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

What kills your inspiration?

What freaks you out the most?

What do you feel paralyzed in your life?

What is your most dis-empowering belief?

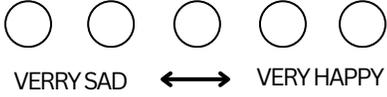
List topics you still want to work on that relate to this chapter

# Journal Audio Tracker: The Residue of Trauma:LH

**Chapter Five**- fill out before listening to audio

Date: \_\_\_\_\_

**Mood/Emotion Before Audio**

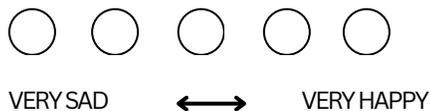


What are you doing that is working?

What do you want to create?

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

**Mood/Emotion After Audio**



Who or what effects you negatively?

Where do you lack confidence?

Who or what do you avoid most in life?

How does not getting your way make you feel?

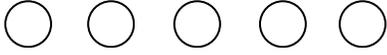
List topics you still want to work on that relate to this chapter

# Journal Audio Tracker: The Residue of Trauma:LH

**Chapter Six-** fill out before listening to audio

Date: \_\_\_\_\_

**Mood/Emotion Before Audio**



VERY SAD



VERY HAPPY

What are you doing that is working?

Where do you feel you failed?

What distracts you from the present moment?

What do you want to create?

Who or what shuts you down?

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

What do you hope for but feel it will never happen?

**Mood/Emotion After Audio**



VERY SAD



VERY HAPPY

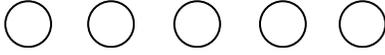
List topics you still want to work on that relate to this chapter

# Journal Audio Tracker: The Residue of Trauma:LH

**Chapter Seven-** 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?

What emotions do you want to feel?

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

**Mood/Emotion After Audio**



VERY SAD



VERY HAPPY

When you feel seen what sensation do you have in your body?

How were you praised as a child?

How were you punished as a child?

What emotions do you not want to feel?

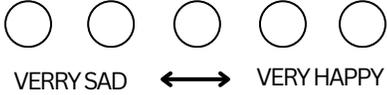
List topics you still want to work on that relate to this chapter

# Journal Audio Tracker: The Residue of Trauma:LH

**Chapter Eight**- fill out before listening to audio

Date: \_\_\_\_\_

**Mood/Emotion Before Audio**

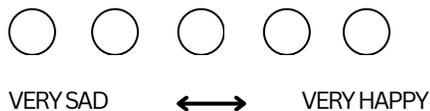


What are you doing that is working?

What do you want to create?

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

**Mood/Emotion After Audio**



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?

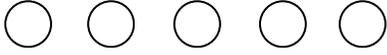
List topics you still want to work on that relate to this chapter

# Journal Audio Tracker: The Residue of Trauma:LH

**Chapter Nine**- 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 feel powerless?

What or who blocks your progress?

What makes you angry?

Where do you feel out of alignment in life?

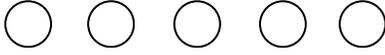
List topics you still want to work on that relate to this chapter

# 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?

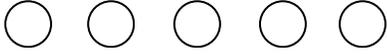
Where do you not trust yourself?

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

# Journal Audio Tracker: The Residue of Trauma:LH

**Chapter Eleven**- 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

What was your biggest disappointment?

Who do you feel you have let down?

What has eroded your zest for life?

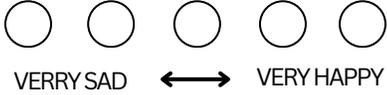
Where is life too harsh?

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

# Journal Audio Tracker: The Residue of Trauma:LH

**Chapter Twelve**- fill out before listening to audio Date: \_\_\_\_\_

**Mood/Emotion Before Audio**

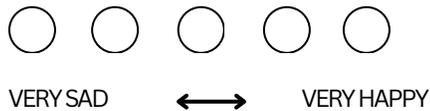


What are you doing that is working?

What do you want to create?

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

**Mood/Emotion After Audio**



Why can't you be yourself?

How are you rejected?

Can you fully trust your intuition?

Where do you feel not \_\_\_\_\_ enough?

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