

My Journal

Name: _____

Today is

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Today,
I feel

				
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I feel this way because

Today, I enjoyed

Today, I didn't enjoy

Feelings Diary Template

Elaine Douglas

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the author's name.

Feelings Diary Template:

Brave Minds: Activities and Strategies for Managing Big Feelings Nina Elowen Faelore, 2024 Brave Minds A Journey Through Emotions A DMDD Workbook for Kids Activities and Strategies for Managing Big Feelings Anger management workbook for kids Brave Minds A Journey Through Emotions A DMDD Workbook for Kids is a beacon of hope and understanding for children navigating the complex world of Disruptive Mood Dysregulation Disorder DMDD and big emotions This pioneering workbook offers an engaging supportive and therapeutic exploration designed to empower young minds to understand and manage their feelings effectively Structured as an interactive journey Brave Minds invites its readers into a world where emotions are not foes but guides towards self discovery and resilience Through a series of carefully crafted activities stories and exercises children are taught to identify their emotions understand their triggers and develop healthy coping mechanisms Each page is a step towards mastery over the waves of feelings that can often seem overwhelming The disruptive mood dysregulation disorder workbook for Kids is beautifully illustrated drawing children into a visually appealing exploration that makes learning about emotions an adventure From creating an emotional weather forecast to designing a personal coping toolbox Brave Minds covers essential topics such as mindfulness positive affirmation teamwork and the power of empathy It also provides invaluable resources for caregivers offering guidance on how to support their children through this emotional journey Brave Minds is not just a workbook it s a companion for children and families as they navigate the highs and lows of emotional growth It s a tool that recognizes the bravery in facing one s emotions head on and provides a roadmap for doing so with courage understanding and hope Feelings in Sport Montse Ruiz, Claudio Robazza, 2020-09-17 Feeling states including emotional experiences are pervasive to human functioning Feeling states deeply influence the individual s effort attention decision making memory behavioural responses and interpersonal interactions The sporting environment offers an ideal setting for the development of research questions and applied interventions to improve the well being and well functioning of the people involved This ground breaking book is the first to offer cutting edge knowledge about contemporary theoretical methodological and applied issues with the contributions of leading researchers and practitioners in the field Feeling states in sports are comprehensively covered by adopting an international and multi disciplinary perspective Part I covers most relevant conceptual frameworks including emotion centred and action centred approaches challenge and threat evaluations an evolutionary approach to emotions and the role of passion in the experience of emotion Part II focuses on interpersonal aspects related to emotions and regulation encompassing social and interpersonal emotion influence and regulation social identity and group based emotions and performance experiences in teams Part III presents applied indications surrounding emotional intelligence training and emotional regulation strategies including imagery self talk the use of music mindfulness motor skills execution under pressure self regulation in endurance sports and the use of technology Finally Part IV examines issues related to athlete well being including the role of emotions in sport

injury emotional eating and mental recovery Feelings in Sport Theory Research and Practical Implications for Performance and Well being is an essential source for sport psychology practitioners researchers sports coaches undergraduate and postgraduate students

Back to Life, Back to Normality Douglas Turkington,2009 Written specifically with sufferers and carers in mind to help them understand and apply the basic concepts of cognitive therapy for psychosis this title illustrates what it is like to have common psychosis and how people s lives can be restored using therapy

Bullying in the Workplace Elaine Douglas,2001 This is a resource for anyone wanting to know not only how to recognise bullying at work but also how to prevent it and how to deal with it when it occurs It provides guidance on how to set up and manage an efficient anti bullying policy and ensure commitment throughout the organization It will give HR professionals and managers the techniques and tools to help their staff address how to work with victims and bullies

Educating and Supporting Girls with Asperger's and Autism Victoria Honeybourne,2017-07-05 This resource is designed to support education and health professionals to better understand how autism including Asperger s syndrome can present in girls explaining the various difficulties and disadvantages that girls on the autism spectrum can face in educational settings As well as providing background information and theory the resource offers practical strategies for working with girls with autism spectrum conditions The resource contains a broad range of worksheets and activities on key issues self awareness preparing for school life learning wider school life preparing for employment and preparing for further study Key Features illustrated throughout with real life quotes and case studies guidance on best practice when working with girls with autism spectrum conditions activities and resources for young females on the autism spectrum to support them in developing self awareness coping strategies and learning skills

A Therapeutic Treasure Box for Working with Children and Adolescents with Developmental Trauma Karen Treisman,2017-09-21 The essential resource for anyone working with children or teens who have experienced trauma provides an overview of the latest theory good practice and a treasure trove of activities and handouts a valuable addition to your bookshelf which is destined to be used again and again

Overcoming Depersonalisation and Feelings of Unreality, 2nd Edition Anthony David,Emma Lawrence,Dawn Baker,Elaine Hunter,2018-12-27 The first of its kind this self help book will offer guidance help and solace to the many sufferers of depersonalization disorder Daphne Simeon Depersonalisation and Dissociation Program Mount Sinai School of Medicine New York Depersonalization disorder can make you feel detached from life and many people describe feeling emotionally numb unreal or even as if their body doesn t belong to them It can be a symptom of another problem such as anxiety depression post traumatic stress disorder and particularly of panic disorder or of an illness like epilepsy or migraine It can also occur in its own right and or as a side effect of certain drugs This self help book written by leading experts will help you to understand what causes depersonalization disorder and what can keep it going and will introduce you to effective strategies to overcome it Based on clinically proven cognitive behavioural therapy CBT techniques Clear and accessible step by step

exercises and tools including diary keeping and problem solving Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme Series Editor Professor Peter Cooper *Putting Pen to Paper* Caroline Webber,2010-11-16 Sometimes when you go on a journey you know the route other times you need a map but on both occasions you know where you want to get to You may have decisions to make at every crossroad and you may make a detour or two but you eventually arrive at your destination It s just the same with writing and publishing Putting Pen to Paper takes you on that journey It gives you the tools and techniques to help you turn your aspirations into publications in an accessible and supportive manner It s perfect for anyone embarking on a career in writing and publishing Caroline Webber has a doctorate from the University of Liverpool in Eighteenth century English literature She has spent the past two years working in the publishing industry in Sydney Caroline wrote Putting Pen to Paper after running a series of publishing seminars around NSW Putting Pen to Paper is a practical handbook encouraging new writers to ask all the right questions about publication With this book in hand you will have a well informed knowledge of the entire book production process as well as many tips for improving your writing and improving your chances of being published Patti Miller author of Writing your life and Whatever the Gods do Putting Pen to Paper is clear practical and easy to understand It s the perfect book to guide writers through the practicality of writing and publishing and gives them the tools to start Nellie Flannery Shanahan Management *Opposite* Leanne O'Brien,2014-11-10 A truthful account of life A process of self development and discovery It is not only about changing it is about doing the complete opposite Clients seek my help and advice as a life coach and personal trainer when something in their life is not working If they are prepared to look at their life and make changes they inevitably discover their life improving Doing the exact opposite of the behaviour causing discomfort is an easy way to experience change which is directly linked to the problematic issue Sounds easy and really it is once you have recognised problem areas your role and activate opposite behaviour This is a tried and proven practice for change I have lived this practice and had the world unfold open up to me How I have done so will be explained in My Story and referred to throughout the book There are some things one can only achieve by a deliberate leap in the opposite direction Franz Kafka

Bibliotherapy Dr. Linda Karges-Bone,2015-09-01 With Bibliotherapy you can use children s literature to improve cognitive social and emotional outcomes This book shares 48 award winning children s books across six areas of bibliotherapy and connects them with appropriate and powerful activities that increase listening speaking reading and writing skills The six bibliotherapy areas include attachment and growth creativity and critical thinking bullying and building friendships family matters dynamics and change poverty and social justice issues and childhood challenges **The Clinician's Guide to Chronic Disease Management for Long-term Conditions** Professor Gill Furze,Jennifer Donnison,Robert Lewin,2008 Written with clinicians in mind who are caring for people with long term or chronic conditions

the aim of this book is to provide an informative and useful resource to help clinicians understand how people deal with and adjust to life with a long term condition The book will not equip the reader with an in depth knowledge of psychological theory but instead provides background knowledge and theory of cognitive behavioural therapy CBT and how it can help to give people a positive approach to living with their condition Template Analysis for Business and Management Students Nigel King, Joanna M. Brooks, 2016-11-10 In Template Analysis Nigel King and Joanna Brookes guide you through the origins of template analysis and its place in qualitative research its basic components and the main strengths and limitations of this method Practical case studies and examples from published research then guide you through how to use it in your own research project Ideal for Business and Management students reading for a Master s degree each book in the series may also serve as a reference book for doctoral students and faculty members interested in the method Part of SAGE s Mastering Business Research Methods conceived and edited by Bill Lee Mark N K Saunders and Vadake K Narayanan and designed to support researchers by providing in depth and practical guidance on using a chosen method of data collection or analysis

The Dialectical Behavior Therapy Primer Beth S. Brodsky, Barbara Stanley, 2013-05-06 Dialectical Behavior Therapy DBT has quickly become a treatment of choice for individuals with borderline personality disorder and other complicated psychiatric conditions Becoming proficient in standard DBT requires intensive training and extensive supervised experience However there are many DBT principles and procedures that can be readily adapted for therapists conducting supportive psychodynamic and even other forms of cognitive behavioral treatments Despite this there is a dearth of easily accessible reading material for the busy clinician or novice This new book provides a clinically oriented user friendly guide to understanding and utilizing the principles and techniques of DBT for non DBT trained mental health practitioners and is an ideal guide to DBT for clinicians at all levels of experience Written by internationally recognized experts in suicide self injury and borderline personality disorder it features clinical vignettes following patients through a series of chapters clearly illustrating both the therapeutic principles and interventions **Discover Your Soul Template** Marcus T.

Anthony, 2012-02-22 How to create the life you want in alignment with your soul s purpose Reveal your soul aptitudes limiting behaviors and past life karmic issues Discover 14 easy to use spiritual tools to strengthen your intuition to profound levels and develop an inner source of guidance and wisdom for any situation Learn why the Law of Attraction doesn t work for most people and how to make it work for you Like an enlightened spiritual teacher you too can tap in to the infinite wisdom of the cosmos to create a life of deep meaning and purpose The key is integrated intelligence your innate capacity often experienced as intuition to instantly draw upon knowledge beyond the confines of the five senses from past present and future Integrated intelligence enables not only a connection to the wisdom of the universe but also access to your soul template revealing your self limiting behaviors karmic issues from past lives and soul aptitudes the abilities at which you excel With knowledge of your soul template you can successfully create the life you were meant to live in alignment with your

soul's purpose Providing 14 easy to use spiritual tools to activate your integrated intelligence Marcus Anthony shows you how to tap in to the wisdom of your soul template distinguish the voice of ego from the voice of your inner sage and strengthen your intuition to profound levels thereby developing a trusted inner source of guidance Explaining how the mind is not a shallow pond but an ocean of competing voices and energies he reveals why the Law of Attraction doesn't work for most people any vision you attempt to manifest must be aligned with your soul template or the competing voices will act against it Revealing how to bring the mind into presence to get the secret to work for you Anthony shows how to use integrated intelligence to identify and live your true calling and create the life you want while fulfilling the deeper needs of your spirit

Who Am I Now That I Am Alone? A Journey Back after Divorce or Death James L Ramsey, 2014-08-13

The Who Am I Now That I Am Alone program began after my divorce I gathered others who had experienced divorce into a group to explore our situation and how we could move forward with our lives This group became one of the first in the country to help people going through divorce remember in the 70's there still was not a great deal of acceptance of divorce in the culture Hundreds of people have experienced the program that was developed after the first group and have found it very helpful Over the years people have asked to read the book but it was a group process guide and not a narrative This book translates most of the program's material which was designed for group interaction into a format that will allow those who have experienced loss through divorce or death to benefit from the program on their own Chapters 1-3 concern communication including communicating and understanding feelings We can only develop meaningful relationships through effective communication These chapters also work on improving both interpersonal communication skills and your internal self talk communication Chapters 4-6 focus on understanding the importance of personal relationships in our lives guiding readers to move out and expand and deepen supportive relationships These are important skills for enriching the quality of anyone's life Finally Chapters 7-8 are designed to help readers develop a more positive personal identity Many people come out of a divorce or the loss of a relationship feeling like a failure and somewhat worthless These chapters reintroduce readers to their authentic selves Your authentic self has so many good qualities which when recognized and affirmed will offset the feelings of guilt and failure This change in perspective will bring the motivation to leave the past behind and build a new and exciting life

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About the Author James Ramsey's career has been divided into three very interesting segments The first part of his career he served as a United Methodist Minister in Southern California where he served three churches The second part as a corporate trainer working for organizations like Northrop Aircraft Fluor Corporation and the Orange County Transit District and the

last segment as a human resources director where he completed his full time work at Family Solutions an organization that worked with at risk children Jim has also taught speech communications at several community colleges Currently he is an independent human resource consultant for a nonprofit and also works part time in a local library He has a Bachelor s degree in Social Science and Master of Divinity degree During the 1970 s while going through a divorce he gathered a group of people who were also going through divorce for weekly sessions and these sessions later were refined and became his divorce recovery program Who Am I Now That I Am Alone This program has been delivered to hundreds of people over the years Jim with the assistance of other professionals also conducted training programs to develop more leaders to deliver the program Keywords Divorce Recovery Self Help Divorce Widowed Divorce Program My Little Mood and Emotion Tracker Cherry & Cherry & Pickle Publishing,2020-03-28 My Little Mood And Emotion Tracker Journal An Emotion Journal For Positive Thinking And Self Reflection A journal to write in daily with prompts intended to encourage your child to reflect on their emotions feelings and their day This could be used every day but it is undated so can be used whenever your child would like Each day contains two whole 6 x 9 pages to work on There is a variety of repeating templates but each first page includes Space for the date at the top A section to write about the days best bit A section to share any worries they have A section to log their key emotion for the day A section for logging things such as what they are grateful for or 3 things they loved about the day On the right there is a variety of 3 daily page templates that repeat throughout the book All of them include some space to draw doodle or stick plus some additional space for things like Extra space for writing A place to write a list of things they made need to remember A space to log a variety of things such as acknowledging someone that made them smile something that made them proud something that helped them that day or things they may have found hard and so on Every journal has over 100 pages and is measured at 6 x 9 inches it has a soft glossy cover and quality black and white interior pages This would make an ideal book for any child that would benefit from logging and acknowledging their feelings and emotions regularly It may also be useful for children who may find communication and expressing themselves challenging such as children with For example Anxiety Autism Adhd or Depression All children can benefit from having a daily journal that they will be able to look back on in future and remember some of the things that we so often forget

Academic Self-efficacy in Education Myint Swe Khine,Tine Nielsen,2022-03-07 This book documents systematic prodigious and multidisciplinary research in the nature and role of academic self efficacy and identifies areas for future research directions within the three sections of the book Assessment and Measurement of Academic Self efficacy Empirical Studies on What Shapes Academic Self efficacy and Empirical Studies on Influence of Academic Self efficacy The book presents works by educators and researchers in the field from various parts of the world highlighting advances creative and unique approaches and innovative methods It examines discussions around the theoretical and practical aspects of academic self efficacy in culturally and linguistically diverse educational contexts This book also showcases work based on classical

and modern test theory methods mediation and moderation analysis multi level modelling approaches and qualitative analyses **Eating Disorder Recovery Handbook** Nicola Davies, Emma Bacon, 2016-10-21 Thoughtfully developed activities will help you to understand overcome and maintain recovery from your eating disorder This complete resource is designed for individual recovery as well as for use in counselling schools or self help groups **Maximize Your Body Potential** Joyce D. Nash, 2021-10-05 Over 100 000 copies sold Winner of the American Medical Writers Association Award In one book here are all of the tools that anyone can use to adopt a healthy lifestyle and manage body weight Using self tests checklists and fill in forms Maximize Your Body Potential shows the reader how to increase motivation how to set realistic goals and how to design an individualized exercise and eating program With the unique information that is developed by the reader and the basic material drawn from so many resources by Dr Joyce Nash it is possible for anyone to create a program that is unique and individual Maximize Your Body Potential goes beyond diet and exercise to address behavior patterns and the psychological components that all have a role to play in success that can lead to long term weight management and a healthy lifestyle Journals and Diaries. , 2001 This unit introduces journals and diaries discusses three models analyzes standards and provides steps to writing in the genre Includes classroom reproducibles

Ignite the flame of optimism with is motivational masterpiece, Find Positivity in **Feelings Diary Template** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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