

# AI-Guided Journaling Self-Reflection Scale (AJ-SRS)

Instructions:

Please complete this brief self-assessment immediately after your AI-guided journaling session.

Answer honestly - there are no right or wrong responses.

Response Scale:

1 = Strongly Disagree   2 = Disagree   3 = Neutral   4 = Agree   5 = Strongly Agree

## Cognitive Processing

1. I was able to identify specific negative thoughts or patterns during this session.
2. I challenged at least one unhelpful thought and reframed it more constructively.
3. The journaling helped me notice connections between my thoughts, feelings, and behaviors.

## Emotional State

4. I felt more emotionally clear after this session.
5. I experienced emotional discomfort during the session, but it felt manageable.
6. I noticed a shift in my mood after completing the journaling.

## Stress and Calm

7. I felt calmer at the end of the session than at the beginning.
8. This session helped reduce my sense of stress or mental clutter.

## Self-Awareness & Insight

9. I learned something new about how I think or feel.
10. This session felt personally meaningful to me.

## Optional Open-Ended Reflection

In a sentence or two, describe something you noticed about yourself during this session (emotion,

thought, realization, etc.):

---

---

**Optional Visual Analog Scales (0-100)**

Mood (0 = very negative, 100 = very positive): \_\_\_\_\_

Stress level (0 = none, 100 = extreme): \_\_\_\_\_

Mental clarity (0 = foggy, 100 = very clear): \_\_\_\_\_