

# 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.   5
- 2. I challenged at least one unhelpful thought and reframed it more constructively.   4
- 3. The journaling helped me notice connections between my thoughts, feelings, and behaviors.   4

## Emotional State

- 4. I felt more emotionally clear after this session.   5
- 5. I experienced emotional discomfort during the session, but it felt manageable.   3
- 6. I noticed a shift in my mood after completing the journaling.   5

## Stress and Calm

- 7. I felt calmer at the end of the session than at the beginning.   5
- 8. This session helped reduce my sense of stress or mental clutter.   4

## Self-Awareness & Insight

- 9. I learned something new about how I think or feel.   5
- 10. This session felt personally meaningful to me.   5

## Optional Open-Ended Reflection

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

thought, realization, etc.):

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**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): \_\_\_\_\_