

## 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.    4
5. I experienced emotional discomfort during the session, but it felt manageable.    2
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.    4
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.    4
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.):

Throughout this session I realised the way I react when I face a challenging task, my brain looks for easy escape. Then mobile game or social media surfing give me pleasure and keeps me engaging which leads me towards time wastage and focus lackness.

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