

2024-10-26.2

Journal Log

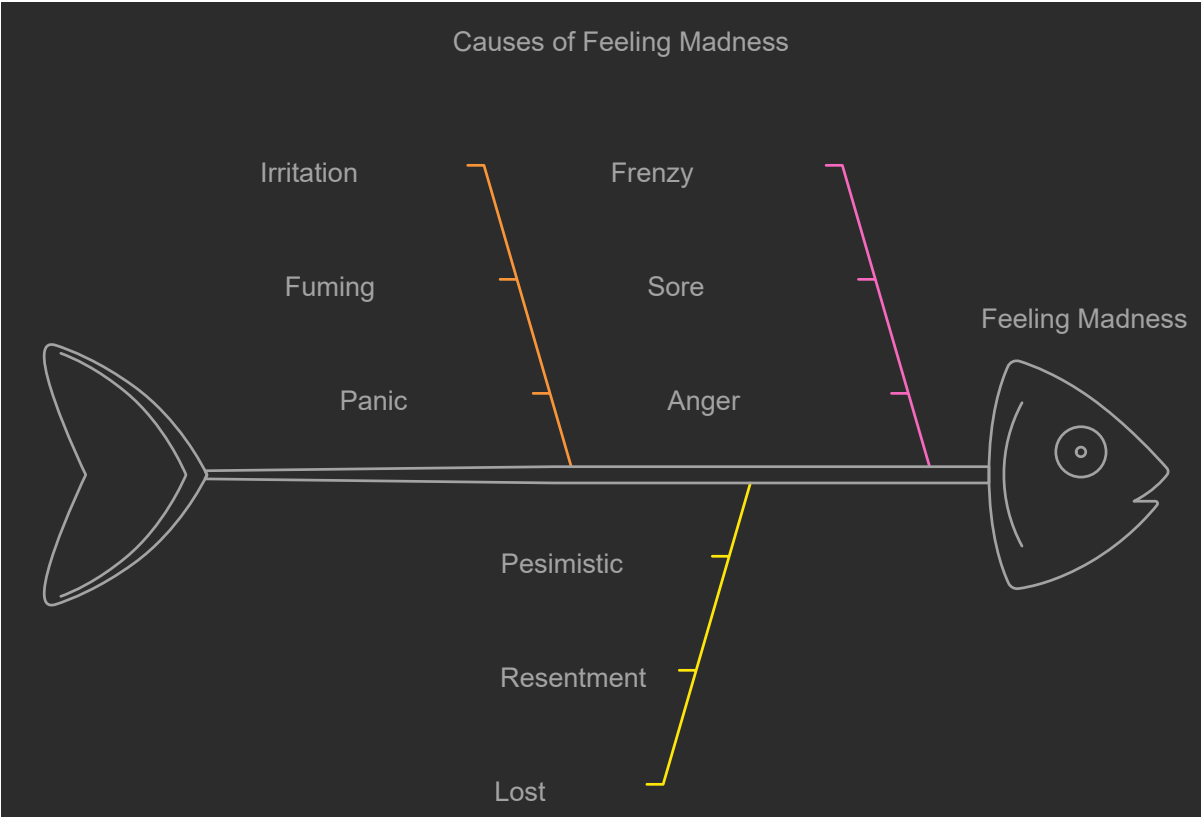
Date 2024-10-26 11:30 a.m.

1. Emotional State Assessment

Reflect on your overall emotional state. This is a conscious evaluation of your emotions and how they might be influencing your thoughts and actions. Use specific terms like **anxious**, **content**, **overwhelmed**, etc.

Today, I am feeling-
Madness- fury and panic, too little time to prepare.

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2. Red Line Body Scan

Mental scan of your body from head to feet, noting any areas of tension, discomfort, or physical sensations.

- **Head** Frenzy- heavy- racing thoughts.
- **Shoulders/Neck** Irritation- feels very raspy, hard to breathe.
- **Chest** Constricted- feels hard to breathe.
- **Stomach** Anxious- a gut feeling of panic.
- **Legs/Feet** Slow- lagging behind, still waking up, needs to move quicker.
- **Overall** Panic- an overall feeling of hostility.

3. 5-4-3-2-1 Grounding Technique

A mindfulness technique to ground you using your five senses.

- **5 things you can see**
 1. Dishes
 2. Laundry
 3. Cat vommit
 4. Clutter
 5. Disorganization
- **4 things you can touch**
 1. Sweaty palms
 2. Dirt
 3. Left over food grime
 4. Dish water splashes
- **3 things you can hear**
 1. Cats sparring
 2. Wife cleaning
 3. Time ticking
- **2 things you can smell**
 1. Sweat
 2. Fresh air
- **1 thing you can taste**
 1. Dryness