

# Feelings Unplugged

Teen Journal: Where Your Shadow Meets the Light

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# Welcome

Your emotions don't fit in boxes. Neither do you.

This journal is for the creators, dreamers, advocates, and truth-tellers navigating identity in a world that often demands you choose between visibility and safety. It's for the ones who refuse to shrink.

## **What This Journal IS:**

- A safe container for naming emotions without shame
- A space to explore your identity through 5 Academy archetypes
- A tool for tracking growth, patterns, and breakthroughs
- A trauma-informed companion that validates your shadow work

## **What This Journal IS NOT:**

- Another gratitude journal telling you to “think positive”
- A replacement for therapy or crisis support
- A surveillance tool (your thoughts are yours alone)

Your voice is sacred. Your shadow deserves light. Your brilliance is not conditional.



# How to Use This Journal

**Frequency:** Use 1-3 times daily (Morning, Midday, Evening) or whenever emotions feel too big

**No rules:** Skip prompts that don't resonate. Revisit ones that do. Draw instead of write. Write 10 pages or 10 words. **This is your space.**

**Track patterns:** Review weekly to notice emotional trends, triggers, and growth moments

**Crisis support:** If you're in immediate danger, put down this journal and reach out:

- **988 Suicide & Crisis Lifeline** (call or text)
- **Crisis Text Line:** Text HOME to 741741
- **Trevor Project (LGBTQ+ Youth):** 1-866-488-7386



# Section 1: Morning Glow

## Grounding + Intention Setting

*“The best way to start is to start. Even if your light feels dim this morning, it’s still there.”*

### Morning Prompts

Use these prompts to ground yourself and set intentions for the day ahead:

1. **What energy am I bringing into today?** (Tired? Anxious? Excited? Numb?)
2. **What do I need to feel safe today?** (Boundaries? Quiet? Connection? Space?)
3. **One thing I’m grateful for right now** (Even if it’s small: clean socks, hot water, your playlist)
4. **Today’s intention:** I will prioritize \_\_\_\_\_
5. **Affirmation:** Write one truth about yourself (Ex: “I deserve rest” / “My anger is valid” / “I’m still learning”)

6. **Body check-in:** Where am I holding tension? (Jaw? Shoulders? Stomach?)
  7. **What would make today feel like a win?** (Survival? Joy? Productivity? All are valid)
  8. **Who/what might drain my energy today?** (Name it so you can prepare)
  9. **Song of the day:** What matches your mood or the mood you want?
  10. **Permission slip:** Today, I give myself permission to \_\_\_\_\_

# Section 2: Midday Spark

# Emotional Check-In + Reframing

*“How you feel at 2pm might not be how you felt at 8am. That’s called being human.”*

## Midday Prompts

Pause in the middle of your day to check in with yourself:

1. **Mood check:** On a scale of 1-10, where am I right now?
  2. **What's the dominant emotion?** (Name it: frustration, overwhelm, contentment, boredom)
  3. **What triggered this feeling?** (Person? Situation? Memory? Thought spiral?)
  4. **Is this emotion trying to tell me something?** (Anger = boundary violation? Sadness = unmet need?)
  5. **Reframe:** What's one other way to see this situation?

6. **Coping strategy:** What would help me regulate right now? (Walk? Music? Text a friend? Breathe?)
  7. **What's in my control vs. out of my control?** (Focus energy on what you can shift)
  8. **Who/what brought me joy today** (Even for 5 seconds)
  9. **Energy inventory:** What % of my energy is left? What needs protecting?
  10. **Pivot question:** If this day could turn around, what would that look like?

## Section 3: Evening Calm

## Processing + Release + Hope

*“The day is done. You made it through. That deserves acknowledgment.”*

## Evening Prompts

Reflect on your day and prepare for rest:

1. **How did today actually go?** (Not how it was “supposed” to go)
  2. **What emotion showed up most today?** (Track this over time for patterns)
  3. **Something I’m proud of** (Surviving hard things counts)
  4. **Something I wish I’d done differently** (No shame, just noticing)
  5. **Release ritual:** What am I letting go of before bed? (Write it, then mentally burn it)

6. **Tomorrow's boundary:** What will I say no to? What will I say yes to?
  7. **Gratitude (realistic version):** What didn't go wrong today?
  8. **Letter to future self:** What does tomorrow's version of me need to know?
  9. **Playlist therapy:** 3 songs that matched today's emotional arc
  10. **Closing affirmation:** I am \_\_\_\_ (Enough? Learning? Resilient? Still here?)

# Section 4: Academy Identity Archetypes

## Discover Your Firefly Type

Every firefly glows differently. These 5 archetypes help you understand how you show up in the world.

**Instructions:** Read each description. You might resonate with multiple archetypes, or one might feel like home. Use the reflection questions to explore your identity.

## The Catalyst

**Core Energy:** Change-Maker, Disruptor, Truth-Teller

**Shadow Side:** Burnout from carrying too much, anger when change is slow

**Affirmation:** *My voice disrupts systems that harm. I don't have to fix everything alone.*

### Reflection Questions:

**When do I feel most powerful?**

**What injustice am I most passionate about?**

**How do I protect my energy while advocating?**

## The Luminary

**Core Energy:** Creative, Expressive, Visible

**Shadow Side:** Performing for approval, fear of being “too much”

**Affirmation:** *My light is not conditional on others' comfort. I shine as I am.*

**Reflection Questions:**

When do I dim my light? Why?

What would I create if no one was watching?

How do I define success for myself (not others' definitions)?

## The Guardian

**Core Energy:** Protector, Nurturer, Holder of Space

**Shadow Side:** Self-sacrifice, neglecting own needs

**Affirmation:** *I can care for others AND myself. My wellbeing matters.*

### Reflection Questions:

**Who do I protect? Who protects me?**

**When do I give more than I have?**

**What boundaries would honor my needs?**

## The Maverick

**Core Energy:** Independent, Unconventional, Freedom-Seeker

**Shadow Side:** Isolation, rejecting help even when needed

**Affirmation:** *Independence doesn't mean I have to do it alone. I can be free AND connected.*

### Reflection Questions:

What rules/expectations do I reject? Why?

When do I push people away?

How can I ask for support without losing myself?

## The Weaver

**Core Energy:** Connector, Bridge-BUILDER, Harmony-Seeker

**Shadow Side:** People-pleasing, losing self in relationships

**Affirmation:** *I build bridges without erasing myself. My needs are part of the equation.*

### Reflection Questions:

**Whose peace am I prioritizing over my own?**

**When do I code-switch or perform?**

**How do I stay whole while connecting?**

# Section 5: Shadow Work Prompts

## Facing What's Hard

*“Your shadow isn’t the enemy. It’s the part of you that learned to survive.”*

These prompts go deeper. Use them when you feel ready to explore the harder emotions:

1. **What emotion am I most afraid of feeling? (Anger? Sadness? Shame?) Why?**
  2. **What part of myself do I hide from others? What would happen if I let it show?**
  3. **When do I feel most like an imposter? What makes me doubt my worthiness?**

- 4. What trauma am I still carrying?** (You don't have to process it here—just name that it exists)
  
  - 5. What coping mechanism isn't serving me anymore?** (Numbing? Perfectionism? Isolation?)
  
  - 6. What would I need to believe to feel worthy?** (And why don't I believe it yet?)
  
  - 7. Who hurt me that I haven't forgiven?** (Yourself included)

8. **What grief am I avoiding?** (Loss of person, dream, version of yourself)

9. **What boundary have I been too afraid to set?**

10. If my shadow could speak, what would it say?



# Section 6: Weekly Reflection

## Tracking Patterns Over Time

Set aside 20-30 minutes each week to look back.

**Week of:** \_\_\_\_\_

## Emotional Weather Report

**What was the dominant emotion this week?**

**What patterns did I notice?** (Same trigger multiple times? Mood shifts at certain times of day?)

**Energy levels:** Rate each day 1-10

- Monday: \_\_\_\_\_
- Tuesday: \_\_\_\_\_
- Wednesday: \_\_\_\_\_
- Thursday: \_\_\_\_\_
- Friday: \_\_\_\_\_
- Saturday: \_\_\_\_\_
- Sunday: \_\_\_\_\_

**Growth Tracker**

**Something I'm proud of this week:**

**A boundary I set (or wish I'd set):**

**A moment I felt most like myself:**

**Something I learned about my emotions:**

## Next Week's Intention

**What do I want to prioritize?** (Rest? Connection? Advocacy? Creative expression?)

**What support do I need?** (From myself? From others?)



# Section 7: Playlist Therapy

## Songs for Every Feeling

Music regulates emotions when words can't. Build your emotional soundtrack.

### Anger Playlist

(Songs that let you rage safely)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Sad Playlist

(Songs that let you cry it out)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Joy Playlist

(Songs that make you feel alive)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Calm Playlist

(Songs that ground you)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Hype Playlist

(Songs that remind you you're powerful)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Section 8: Crisis Resources + Community

## Immediate Help

If you're in crisis, these resources are available 24/7:

- **988 Suicide & Crisis Lifeline** (call/text)
- **Crisis Text Line:** Text HOME to 741741
- **Trevor Project (LGBTQ+ Youth):** 1-866-488-7386
- **Trans Lifeline:** 1-877-565-8860
- **SAMHSA National Helpline:** 1-800-662-4357
- **BlackLine (Black emotional support):** 1-800-604-5841

## Culturally Affirming Resources

- **Inclusive Therapists** (find BIPOC/LGBTQ+ therapists): [inclusivetherapists.com](http://inclusivetherapists.com)
- **BEAM** (Black Emotional & Mental Health Collective): [beam.community](http://beam.community)
- **National Queer & Trans Therapists of Color Network:** [nqttcn.com](http://nqttcn.com)
- **The Loveland Foundation** (therapy fund for Black women/girls): [thelovelandfoundation.org](http://thelovelandfoundation.org)

## Online Communities

- r/teenagers (Reddit)
- The Mighty (mental health community)
- TrevorSpace (LGBTQ+ youth social network)



# Final Word

You made it to the end of this journal. That means something.

Even when you feel like you're glowing alone in the dark, there are other fireflies out there. Keep shining. Keep surviving. Keep becoming.

**Your brilliance is not conditional.**

- Dr. Erica L. Tartt

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