



ALTERED.EARTH

JOURNIZINE VOL. 1

Where Your Shadow Meets the Light

BASEops | Dr. Erica L. Tartt

Feelings Unplugged

A journal + magazine for teens who feel everything



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Welcome

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

Your feelings are big. Sometimes they're complicated. That's okay.

This journal is for kids who feel things deeply. You don't have to hide your feelings. You don't have to only be happy. You can be ALL of yourself here.

What This Journal IS

- A safe space to write your feelings
- A place to learn about yourself
- Tools to help when emotions feel too big
- A friend that never judges you

What This Journal IS NOT

- Another journal telling you to "just be positive"
- A replacement for talking to a counselor or therapist
- Something that anyone else can read without your permission

Important: Your thoughts are private. No one should read this without asking you first. If someone is forcing you to show them, that's not okay. Talk to an adult you trust.

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

— *Dr. Erica L. Tartt*

BASEops

How to Use This Journal

You can use this journal however you want!

There are no rules. Here are some ideas:

Daily Practice

Use this journal 1-3 times each day:

- **Morning:** Set your intention for the day
- **Midday:** Check in with your feelings
- **Evening:** Think about what happened today

When You Need It

You don't have to write every day. Use this journal when:

- Your feelings feel too big
- Something happened that you need to process
- You want to understand yourself better
- You need a break from screens

Your Way

- Skip prompts that don't feel right

- Write a lot or write a little
- Draw instead of write
- Come back to questions later
- Start anywhere in the journal

If You're In Crisis

If you're thinking about hurting yourself or someone else, put down this journal and get help right now:

- **988 Suicide & Crisis Lifeline:** Call or text 988
- **Crisis Text Line:** Text HOME to 741741
- **Trevor Project (LGBTQ+ Youth):** 1-866-488-7386
- Tell an adult you trust right away

This journal can help you understand your feelings. But if you're in danger, you need more help than this journal can give. That's okay. Real help is available.

Chapter 1

Your Brain Is Changing (And That's Cool)

Why your feelings feel so BIG right now

1.1 Your Brain Is Like a House Being Remodeled

Imagine your brain is a house. Right now, someone is remodeling that house. They're knocking down walls. They're building new rooms. They're changing where everything goes.

That's what's happening in your brain between ages 10 and 25.

Your brain is growing super fast right now. It's learning new things. It's making new connections. And sometimes, it feels messy.

Did You Know?

Your brain doesn't finish growing until you're about 25 years old! The teenage years are when your brain changes the MOST.

1.2 The Emotion Center vs. The Logic Center

Your brain has different parts that do different jobs.

The Emotion Center (Amygdala):

- This part FEELS things
- It's really big and active when you're a teen

- It reacts FAST to things
- It's like a smoke alarm — very sensitive

The Logic Center (Prefrontal Cortex):

- This part THINKS about things
- It's still growing when you're a teen
- It helps you pause and make decisions
- It's like a wise advisor — but it's not fully trained yet

The Problem:

Your emotion center is BIG and LOUD. Your logic center is still learning. That means your feelings can feel HUGE before your brain has time to say "wait, let's think about this."

That's why:

- Small things can feel like the end of the world
- You might cry or yell suddenly
- Your mood can change really fast
- You feel things more intensely than adults

You're not broken. You're growing.

1.3 Why You Might Feel Like Crying One Minute and Laughing the Next

Your brain is learning how to balance emotions and logic. Sometimes it tips too far one way. Then it tips back.

Think of it like learning to ride a bike. At first, you wobble a lot. Eventually, you find your balance.

Your emotions are wobbling right now. That's normal.

What This Means for You:

- It's not your fault when feelings feel too big
- Adults might not remember how intense teen emotions are
- You CAN learn to work with your brain
- These big feelings won't last forever

1.4 Your Brain on Stress

When you're stressed, your emotion center gets even MORE active. Your logic center gets LESS active.

That's why it's hard to think clearly when you're upset.

What helps:

- Take deep breaths (this calms your emotion center)
- Move your body (exercise helps your brain)
- Talk to someone (putting feelings into words helps)
- Write in this journal (it activates your logic center)

1.5 The Good News

Your brain is changing to help you:

- Understand yourself better
- Connect with friends more deeply
- Feel joy more intensely
- Learn faster than you will as an adult
- Become who you're meant to be

This is a powerful time. Your brain is waking up. Yes, it's messy. But it's also amazing.

Your feelings are not too much.

Your brain is just working really hard right now.

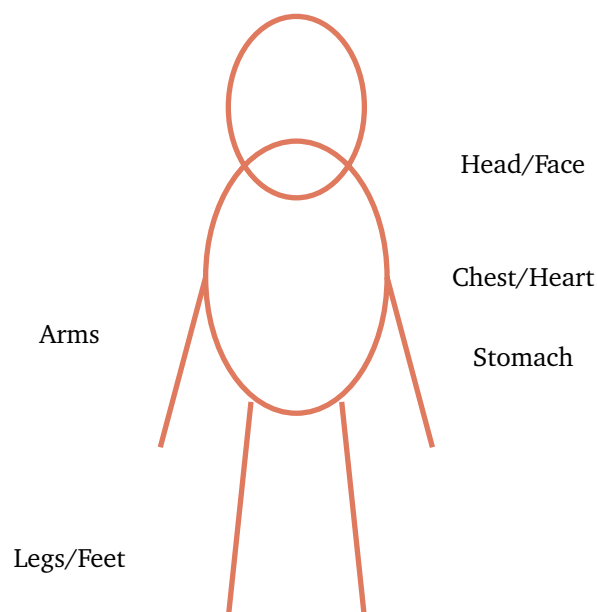
Body Check-In

Where Do You Feel Your Emotions?

Emotions don't just live in your head. They live in your whole body.

Body Scan Instructions

1. Close your eyes and take 3 deep breaths
2. Start at the top of your head. Notice how it feels.
3. Slowly move your attention down your body.
4. When you find a place that feels tight, hot, tingly, or different — mark it on the body outline below.



Common Places for Emotions

Place	Common Emotions
Jaw/Teeth	Anger, stress, frustration
Throat	Sadness, words you didn't say
Chest/Heart	Love, excitement, anxiety, heartbreak
Stomach/Gut	Fear, nervousness, "butterflies"
Shoulders	Stress, carrying too much
Hands/Fists	Anger, wanting to do something
Legs/Feet	Wanting to run, feeling stuck

Right now, where do you feel emotion in your body?

.....

What does it feel like? (tight, hot, heavy, tingly, empty?)

.....

If that feeling could talk, what would it say?

.....

.....

Chapter 2

Meet the Academy: Which One Are You?

5 types of fireflies — 5 ways of being in the world

Everyone glows differently. These 5 archetypes help you understand how YOU show up in the world.

You might be one. You might be a mix of several. That's okay. This is about discovering yourself, not putting yourself in a box.

2.1 The 5 Academy Archetypes

1. The Catalyst •

Core Energy: Change-Maker, Truth-Teller, Justice-Seeker

You in a nutshell: You see things that need to change. You speak up when others stay quiet. You get frustrated when people say "that's just how it is." You want to make the world better.

Your superpower: You're brave. You say what needs to be said.

Your challenge: You can get SO angry when change is slow. You might burn yourself out trying to fix everything.

Your shadow: Rage that feels too big to handle. Feeling like you have to save everyone.

Famous Catalysts: Greta Thunberg, Malala Yousafzai, your friend who organizes protests

Affirmation for Catalysts:

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

2. The Luminary •

Core Energy: Creative, Expressive, Spotlight-Holder

You in a nutshell: You love to create and share your ideas. You have big dreams and big feelings. You shine bright. Sometimes you worry you're "too much."

Your superpower: You inspire people. Your creativity is contagious.

Your challenge: You might perform for approval. You might hide your real feelings behind a smile.

Your shadow: Fear that people only like the "shiny" version of you. Hiding your pain.

Famous Luminaries: Beyoncé, Billie Eilish, your friend who's always posting creative content

Affirmation for Luminaries:

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

3. The Guardian •

Core Energy: Protector, Nurturer, Space-Holder

You in a nutshell: You take care of people. You're the friend everyone comes to for help. You notice when someone is hurting. You want everyone to be okay.

Your superpower: You make people feel safe. You see what others need.

Your challenge: You take care of everyone else but forget about yourself. You give more than you have.

Your shadow: Self-sacrifice. Neglecting your own needs. Feeling guilty when you say no.

Famous Guardians: Your school counselor, your friend who always checks on everyone

Affirmation for Guardians:

I can care for others AND myself. My wellbeing matters.

4. The Maverick •

Core Energy: Independent, Unconventional, Freedom-Seeker

You in a nutshell: You like to do things your own way. You don't follow the crowd. You question rules. You value freedom more than fitting in.

Your superpower: You're authentic. You don't fake who you are.

Your challenge: You might push people away. You might reject help even when you need it.

Your shadow: Isolation. Believing you have to do everything alone. Fear of being controlled.

Famous Mavericks: Lil Nas X, your friend who does their own thing no matter what

Affirmation for Mavericks:

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

5. The Weaver •

Core Energy: Connector, Bridge-Builder, Harmony-Seeker

You in a nutshell: You make friends easily. You help people get along. You hate when people fight. You can see different perspectives.

Your superpower: You bring people together. You build bridges.

Your challenge: You might people-please. You might lose yourself trying to make everyone happy.

Your shadow: Code-switching so much you forget who you really are. Prioritizing peace over honesty.

Famous Weavers: Your friend who's friends with everyone, mediators, diplomats

Affirmation for Weavers:

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

Which One Are You? (Quiz)

Circle the answers that feel most true. You might circle multiple per question — that's okay!

1. When your friend is upset, you:

- a) Ask what's wrong and listen (*Guardian*)
- b) Try to help them solve the problem (*Catalyst*)
- c) Make them laugh or distract them (*Luminary*)
- d) Give them space unless they ask for help (*Maverick*)
- e) Bring them together with other friends (*Weaver*)

2. When you see something unfair, you:

- a) Speak up immediately (*Catalyst*)
- b) Feel it deeply but might not say anything (*Guardian*)
- c) Post about it or make art about it (*Luminary*)
- d) Think about it but focus on your own path (*Maverick*)
- e) Try to help everyone understand each other (*Weaver*)

3. Your biggest fear is:

- a) Not making a difference (*Catalyst*)
- b) Being alone or unwanted (*Weaver*)
- c) Losing your freedom (*Maverick*)
- d) Letting people down (*Guardian*)
- e) Being fake or invisible (*Luminary*)

Remember: You can be more than one! Many people are a mix. The point is to understand yourself better, not to limit yourself.

Which archetype(s) feel most like you?

What did you learn about yourself?

Daily Journal: Day 1

Use this same format every day

Morning Ritual •

How do I feel right now?

Circle one (or more):

In my body, I feel:

Today, I want to feel:

One thing I'm grateful for right now:

(Even small things count: clean socks, your favorite song, your pet)

Midday Check-In •

Right now, I feel:

Word bank: happy, sad, mad, scared, confused, excited, tired, numb, overwhelmed, calm, anxious, bored

What triggered this feeling?

(It's okay if you don't know. Sometimes feelings just show up.)

Where do I feel this emotion in my body?

What would help me feel better right now?

Evening Reflection •

The day is done. You made it through.

Rose, Thorn, Bud

•

Rose (something good that happened today):

•

Thorn (something hard that happened today):

(Hard things are part of life. Naming them helps.)

•

Bud (something to look forward to):

Before I sleep, I let go of:

Write it down, then imagine it floating away like a firefly into the night.

Doodle Space

Draw, scribble, or color how today felt.

There's no wrong way to do this.

Chapter 3

Shadow Work for Beginners

Your shadow isn't your enemy. It's trying to keep you safe.

3.1 What Is a Shadow?

Your shadow is the part of you that you hide from others.

Maybe you hide your anger.

Maybe you hide your sadness.

Maybe you hide that you're scared.

Maybe you hide that you're jealous.

Maybe you hide that you're lonely.

Everyone has a shadow. Everyone hides parts of themselves.

Important: Having a shadow doesn't make you bad. It makes you human.

3.2 Why Do We Have Shadows?

We hide parts of ourselves to protect ourselves.

Examples:

- You hide your anger because last time you got angry, someone yelled at you
- You hide your sadness because people told you to "toughen up"

- You hide your fear because you want people to think you're brave
- You hide your true self because you're afraid people won't like the real you

Your shadow helped you survive. It protected you when you needed protection.

But sometimes, the shadow gets too big. It starts to control you instead of protect you.

3.3 What Is Shadow Work?

Shadow work means looking at those hidden parts and saying:

"It's okay. I see you. You're allowed to exist."

It's like cleaning out a closet. At first, it's scary to open the door. But once you start, you realize it's not as scary as you thought.

Shadow work is NOT:

- Beating yourself up for having a shadow
- Forcing yourself to feel things you're not ready to feel
- Telling everyone your deepest secrets

Shadow work IS:

- Being honest with yourself
- Understanding why you do what you do
- Making peace with all parts of yourself
- Choosing how you want to show up

3.4 Examples: The Shadow Side of Each Archetype

The Catalyst's Shadow

What they hide: Rage, exhaustion, feeling like they're never doing enough

Why: They think they have to save everyone. They're afraid if they stop fighting, nothing will change.

Shadow work: Learning that rest isn't giving up. Accepting they can't fix everything alone.

The Luminary's Shadow

What they hide: Sadness, insecurity, fear of being "too much" or "not enough"

Why: They learned that people like them when they're shining. They're afraid no one will like the real, messy version.

Shadow work: Showing up authentically even when they're not "on." Trusting that people will stay.

The Guardian's Shadow

What they hide: Resentment, exhaustion, their own needs

Why: They think their worth comes from helping others. They feel guilty when they prioritize themselves.

Shadow work: Learning that their needs matter too. Practicing saying no.

The Maverick's Shadow

What they hide: Loneliness, fear of being controlled, need for connection

Why: They learned that independence means not needing anyone. They're afraid of being trapped.

Shadow work: Accepting that needing people doesn't make them weak. Learning to trust.

The Weaver's Shadow

What they hide: Anger, exhaustion from code-switching, losing themselves

Why: They learned that peace is more important than their truth. They're afraid conflict means losing people.

Shadow work: Speaking their truth even if it creates tension. Trusting that real connection can handle honesty.

3.5 How to Start Shadow Work

1. Notice what you're hiding

Pay attention to emotions you push down or thoughts you tell yourself "not to think."

2. Ask why you're hiding it

What happened that made you decide this part of you wasn't okay?

3. Thank your shadow

It was trying to keep you safe. It did its job.

4. Decide what to do with it now

Do you want to keep hiding it? Or are you ready to let it breathe?

5. Go slowly

You don't have to face everything at once. Shadow work takes time.

Gentle Reminder:

Shadow work can bring up hard feelings. If it feels like too much, that's okay. You can:

- Take a break
- Talk to someone you trust
- Come back to it later
- Skip the shadow work prompts for now

You're in control. Go at your own pace.

*Your shadow isn't something to fix.
It's something to understand, honor, and integrate.*

Shadow Work Prompts

Use these when you're ready. No rush.

Before You Start:

Shadow work can bring up big emotions. Make sure you're in a safe space. If it feels like too much, stop and take care of yourself.

1. What part of myself do I hide from others?

(Everyone hides something. It's how we protect ourselves. You're not bad for doing this.)

2. What would happen if I let that part show?

(Sometimes we imagine the worst. Often, it's not as scary as we think.)

3. When do I feel most like myself?

4. What emotion am I most afraid of feeling? Why?

(Emotions aren't dangerous. The feeling will pass. You're strong enough to feel it.)

5. What coping strategy am I using that doesn't help anymore?

Examples: isolating, numbing with screens, perfectionism, people-pleasing, getting angry

(It probably helped you survive at some point. It's okay to outgrow it.)

6. If my shadow could talk, what would it say?

7. What would I need to believe to feel worthy?

Why don't I believe it yet?

Chapter 4

Playlist as Medicine

How music changes your mood (and how to use it)

Have you ever felt sad, then played a song that made you cry even more — and somehow, you felt better?

Or maybe you were nervous before a big game, so you put on your pump-up playlist and felt braver?

That's not magic. That's your brain.

Music is medicine for your feelings.

And the best part? You already know how to use it.

4.1 Your Brain on Music

When you listen to music, your brain releases chemicals that change how you feel.

Here's what happens:

When you listen to a song you love:

- Your brain releases dopamine (the "feel-good" chemical)
- Your heart rate can slow down or speed up (depending on the beat)
- Your body relaxes or gets energized

When you listen to sad music when you're sad:

- It's called "matching your mood"
- Your brain feels understood (like someone gets it)
- Crying to music can actually help you feel better

When you listen to upbeat music:

- Your brain gets energized
- You might feel more confident
- It can help you focus or move your body

Did You Know?

Music can:

- Lower stress (slow songs help you calm down)
- Give you energy (fast songs pump you up)
- Help you remember things (that's why songs get stuck in your head)
- Make you feel less alone (lyrics that say what you feel)

4.2 The 5 Playlists

Think of playlists like a first-aid kit — but for your feelings.

When you feel a big emotion, you can pick the playlist that matches.

Here are the 5 playlists everyone should have:

1. Mad Playlist

When you're angry and need to let it out

Songs that:

- Have loud guitars or drums
- Match your anger (don't fight it, feel it)
- Help you scream or move your body

Why it works: Your brain needs to release the anger. Music gives it a safe place to go.

Example vibes: Rock, punk, rap with heavy beats

2. Sad Playlist

When you need to cry or feel your feelings

Songs that:

- Are slow and soft
- Have lyrics that say what you feel
- Make you cry (and that's okay)

Why it works: Crying releases stress hormones. Sad music helps you let it out.

Example vibes: Ballads, slow R&B, acoustic songs

3. Happy Playlist

When you want to celebrate or feel good

Songs that:

- Make you want to dance
- Have happy lyrics
- Remind you of good times

Why it works: Upbeat music boosts dopamine (the happy chemical).

Example vibes: Pop, funk, dancehall, happy indie

4. Calm Playlist

When you need to breathe and slow down

Songs that:

- Are gentle and quiet
- Have no lyrics (or soft ones)
- Feel like a warm blanket

Why it works: Slow music lowers your heart rate and helps your body relax.

Example vibes: Lo-fi, classical, nature sounds, soft jazz

5. Hyped Playlist

When you need energy or confidence

Songs that:

- Have a strong beat
- Make you feel like a superhero
- Pump you up before something big

Why it works: Fast music gets your adrenaline going. It tricks your brain into feeling braver.

Example vibes: Hip-hop, EDM, hype rap, workout music

4.3 How to Use Your Playlists

1. Name your emotion

Ask yourself: "How do I feel right now?"

2. Pick the matching playlist

Don't try to "fix" your emotion. Match it first.

3. Let the music do its work

Listen. Cry. Dance. Scream into a pillow. Move your body. It's all okay.

4. Notice how you feel after

Did it help? Do you feel lighter? If yes, add more songs to that playlist.

Remember:

- There's no "right" music. Whatever helps YOU feel better is the right choice.
- You can update these anytime. Songs that help you today might change next month. That's normal.
- Music isn't a cure — it's a tool. If you're feeling really bad every day, talk to an adult you trust. Music can help, but sometimes you need more support. And that's okay.

"Your feelings deserve a soundtrack."

Build Your Playlists

Mad Playlist

When I'm angry and need to let it out

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Sad Playlist

When I need to cry or feel my feelings

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Happy Playlist

When I want to celebrate or feel good

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Calm Playlist

When I need to breathe and slow down

1.
2.
3.
4.
5.

6.
7.
8.
9.
10.

Hyped Playlist

When I need energy or confidence

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Pro Tip:

Create these playlists on Spotify, Apple Music, YouTube Music, or wherever you listen to music. Name them exactly what they're for (Mad, Sad, Happy, Calm, Hyped) so you can find them fast when you need them.

When Journaling Isn't Enough

This journal can help. But sometimes you need more.

Important Truth

Journaling is a tool. It's not a cure.

This journal can help you understand your feelings. But if you're feeling really, really bad, you need to talk to someone.

That doesn't mean you failed. That means you're taking care of yourself.

When to Ask for Help

Talk to an adult you trust if:

- You think about hurting yourself
- You don't want to be alive anymore
- You feel sad or scared every day
- You can't eat or sleep
- You feel numb or empty all the time
- You're using substances to feel better
- You've experienced trauma and it's affecting your daily life

If you're in immediate danger:

- **988 Suicide & Crisis Lifeline:** Call or text 988 (available 24/7)
- **Crisis Text Line:** Text HOME to 741741
- **Trevor Project (LGBTQ+ Youth):** 1-866-488-7386
- **Trans Lifeline:** 1-877-565-8860
- **BlackLine (Black emotional support):** 1-800-604-5841
- Call 911 or go to the nearest emergency room

What Therapy Actually Is

Therapy is like having a feelings coach.

A therapist helps you:

- Understand why you feel what you feel
- Learn tools to manage big emotions
- Work through hard experiences
- Change thought patterns that hurt you
- Build a life that feels good

Therapy is NOT:

- Only for "crazy" people
- A sign of weakness
- Someone judging you
- Going to last forever (some people go for a few months, some go longer)

How to Find a Therapist

If you have insurance:

- Ask your parent/guardian to call the number on the insurance card
- Ask for a therapist who works with teens

If you don't have insurance:

- School counselors can help (usually free)
- Community mental health centers offer low-cost or free therapy
- Some therapists offer "sliding scale" (you pay what you can afford)

Culturally affirming resources:

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

You deserve help.

You deserve to feel better.

You are worth the effort.

Weekly Reflection

Take time each week to look back and notice patterns

Week of: _____

Emotional Weather Report

What was the dominant emotion this week?

What patterns did I notice?

Examples: Same trigger multiple times? Mood shifts at certain times of day? Better on certain days?

Energy Levels

Rate each day 1-10 (1 = exhausted, 10 = full of energy):

Day	Energy Level (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 next week?

Examples: Rest? Connection? Creative expression? Saying no? Speaking up?

What support do I need?

From yourself? From others?

Remember: Growth isn't linear. Some weeks are hard. Some weeks you barely survive. That's okay. You're still growing.

You Made It

You made it to the end.

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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measurementally.com

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ALTERED.EARTH JOURNIZINE

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Your feelings are not too much.

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