

Active Dimensions, Inc

Wounding Journal

Date: _____

Location: _____

Briefly describe what you are upset about?

I was at a restaurant with my family. During the conversation, I tried to speak several times, only to be cut off by others at the table.

What primary emotion did you feel at the time of this incident?

Anger

What action/word/other was the point at which you felt this emotion?

The third time I tried to say something and someone else turned up the volume to talk over me.

What did this mean to you?

It meant that nobody at the table even cared about me or what I had to say

How is this a problem for you?

It's a problem because I want to feel like a part of the group, but it was like I was invisible to them.

How are you then viewed by others?

I'm not wanted by the group

If this is true, how would this be a problem for you?

If I'm not wanted by the group this means that I'm alone.

Going back to the incident, what emotion(s) was/were under your primary emotion(use the emotional wheel if needed)?

Rejection, Hurt

What theme/mistaken belief is this related to(mark all that apply)?

Unacceptable Inadequate Worthless

Unwanted Judged Unsafe

Incompetent Devalued _____

Powerless Defective _____

Disconnected/Rejected Abandoned _____

Humiliated A Failure _____

Top Four Themes That Keep Showing Up Are;
