

Compassionate 4th Step Journaling Reflection...

After filling out the trends sheet, identify the patterns you wish to dig deeper into. You may want to reflect on a certain relationship, a few of your most problematic or prevalent patterns, one of the five areas (denial, low self-esteem, compliance, control or avoidance) or a category of relationships like love, family or work... again, be sure to ask your Higher Power to show you what you need to see.

You can limit the time you spend on any one journaling session by setting a timer or perhaps playing a record while writing. Be sure to take gentleness breaks with self soothing actions as needed.

Some helpful questions might be...

- What part of me believes this behavior is helpful? Why?
- Is this an old survival behavior or a protective device? What is it protecting me from?
- When did I start displaying this behavior? What's my earliest conscious memory of doing this?
- What drives this behavior?
- Is there a belief I'm still holding about myself?
- What family rules did I grow up with that might be impacting this behavior?
- What situations or feelings bring it out?
- What harm has this behavior done to me?
- What harm has it caused others?
- Who does this person remind me of? (describe that relationship)
- What is my part in this situation/relationship issue?
- Do I notice when this behavior pops up or is it a reflexive behavior? Am I choosing to do this in situations or is it an automatic response?
- What examples do I have of ways I have used this behavior or recovery pattern?
- Where do I see my growth? (examples of where I have noticed myself on the recovery side of this pattern)
- What am I doing well in this area?
- Add your own reflection questions that come to mind if any...