



Emotional Clarity Journaling Tool

STEP 1: Identify What You Naturally Feel

What words do you use to naturally describe how you feel in this situation? In parentheses beside each emotion rank on a scale of 1 to 10 how intensely you feel that emotion.

STEP 2: Identify the Call to Action

To what responses or solutions do these emotions naturally lead you? What is it that you naturally wanted to do in this situation?

STEP 3: Evaluate the Situation

Summarize what happened in this situation. Use the back if necessary.

STEP 4: Identify Themes of the Situation

What were the key aspects of this situation that triggered your natural responses listed in step two?

STEP 5: Identify the Biblical Calls to Action

What responses would have most reflected God's character and purpose in this situation?

STEP 6: Identify the Corresponding Emotions

What emotions would motivate the type of actions you listed in step 5?

STEP 7: Walk Through this Process with Mature Christian Friends

What mature Christian friends or mentors would be most helpful to you in this situation?
