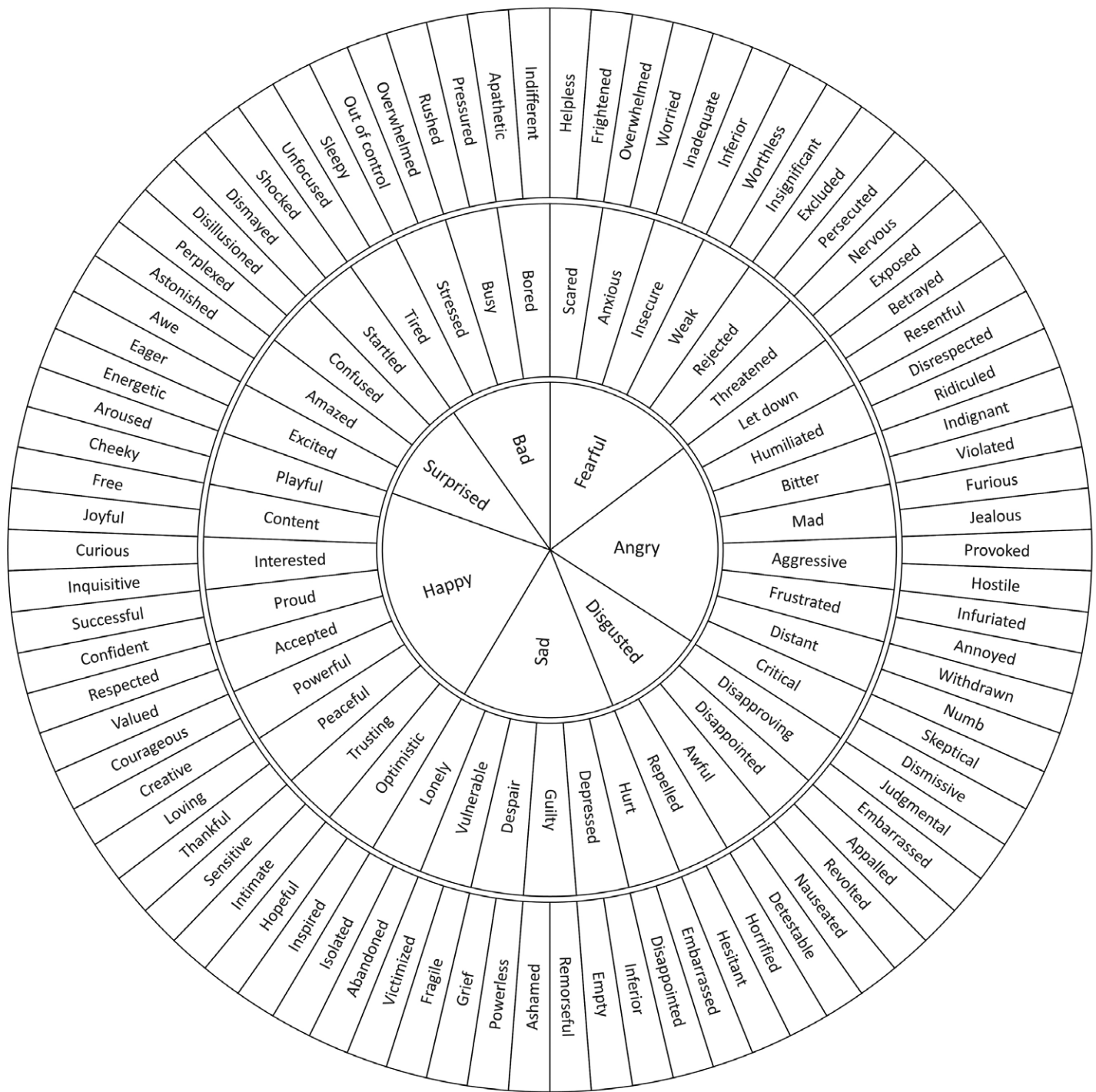


Prayer Journal



Emotion Wheel created by Geoff Roberts, used with permission.



Date: _____

What story (true or untrue) is on repeat in your mind?

What triggers you to think about this?

What three words from the emotional word wheel best describe how you are feeling right now? Why?

Are there any other outside factors adding to this situation?
