



Guided Grief Journal: And Adult Coloring Book (Paperback)

By Jc Grace

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Healing Journals are a recommended coping tool for exploring emotions that arise after trauma. When completed, healing diaries tell the story of daily life through the healing cycle, forever giving you a written account from your perspective. Healing journals and diaries allow you to not only express the feelings that arise after trauma, but to review your progress through the processing of healing. You need to take time to pause, reflect, and focus on yourself. It is important to express any feelings you may have while healing. Healing journals and healing work diaries allow you to record thoughts, emotions, and feelings that otherwise may be lost or overlooked. Trauma can cause intense emotions. Many report feeling relieved or more at peace after expressing these feelings in a journal. Reflection through the process of healing is important. Reflecting on a previous state of mind allows you to understand how far you have come. Healing is not always a fluid process, which makes frequent reflection all that more important. It is important to note the changes in mindset and yourself through...



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