

# Journaling Sheet: Feelings & Thoughts

**What feelings and thoughts did this film bring up for you?** \_\_\_\_\_

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**Who in the film do you identify with most and why? Anyone else?** \_\_\_\_\_

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**Who in the film did you not particularly identify with and why?** \_\_\_\_\_

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# Journaling Sheet: Personal Issues

Look at the list of Characteristics of Adult Children of Trauma (see Study Guide) Choose three or four characteristics that you can identify with and write them on this page with a brief entry describing how you identify.

Example: Hypervigilance: I often times feel like I am waiting for the other shoe to drop. Even when things are going well, I can't just relax and enjoy it. Sometimes I feel more comfortable with crisis than with business as usual.

**Characteristic**

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**Characteristic**\_\_\_\_\_

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**Characteristic**\_\_\_\_\_

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**Notes to Self:**\_\_\_\_\_

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