The "Therapist in Your Pocket" Journal

A guided journal for reflection, coping, and self-growth

Name: _____

TAMPA COUNSELING place

Welcome To Your Journal!

This journal is designed to offer guidance and comfort when you need extra support between therapy sessions. Whether you're feeling overwhelmed, seeking clarity, or simply want to reflect, these pages provide a space for self-exploration, emotional regulation, and personal growth.

Let's Get Started!

- Use the prompts to explore your thoughts and emotions.
- Try the coping strategies when you need support.
- Track your progress and celebrate small victories.
- There's no right or wrong way to journal—just write what feels natural.

Therapy Reflection & Self-Awareness

What Would My Therapist Say Right Now?

Think about a current challenge and imagine your therapist's response.

- The situation I'm struggling with:

  _____

  _____

  _____

- If I take a step back and see it from a different perspective, I might say:

  _____

  _____

- One small step I can take to support myself in this moment is:

  _____

  _____

Processing My Emotions

- Right now, I feel:

  _____

  _____

  _____

- This feeling is trying to tell me:

  _____

  _____

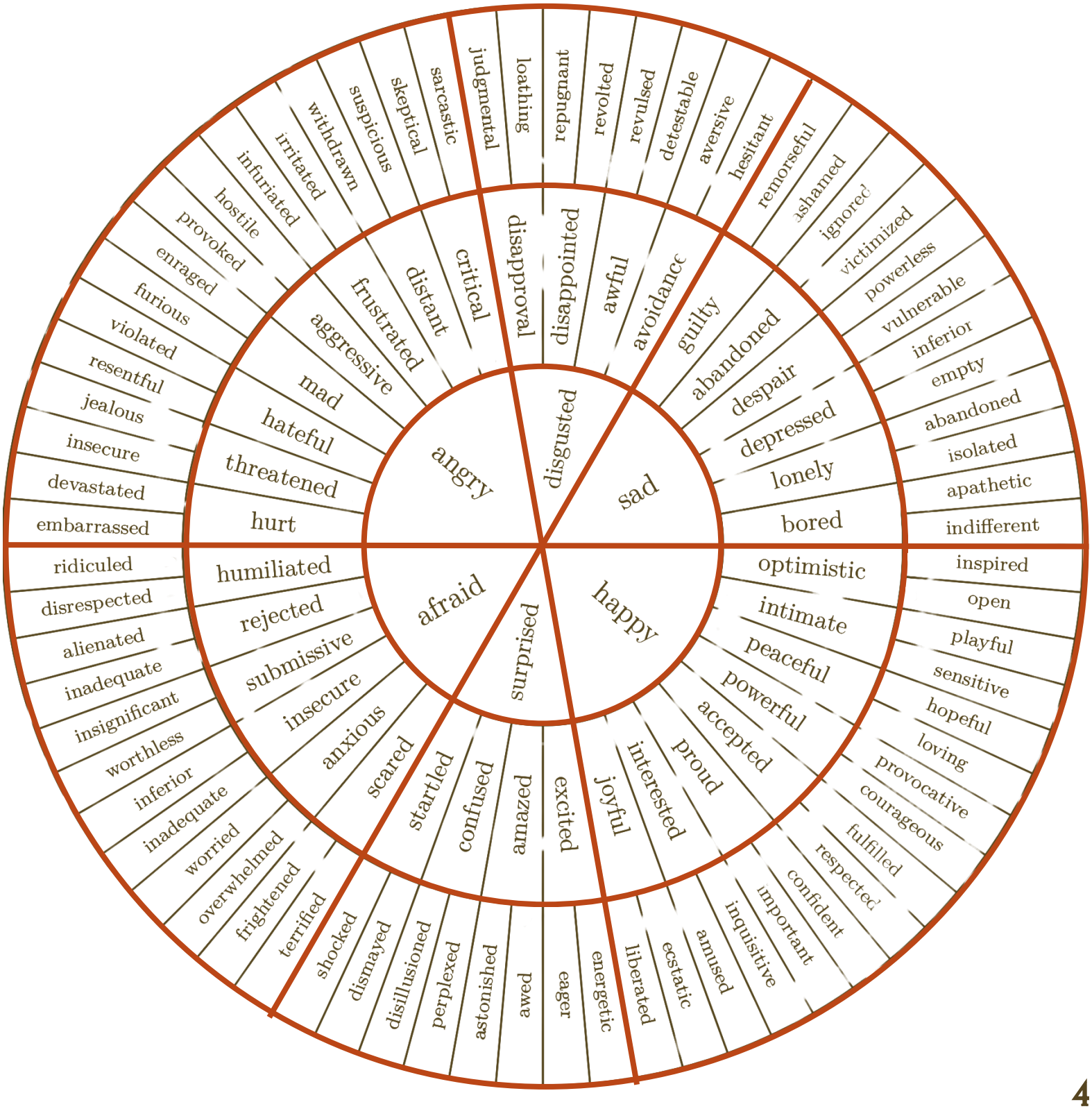
- A healthy way to express this emotion could be:

  _____

  _____

Somatic Feelings Wheel

Use this Somatic Feelings Wheel to explore and name your emotions by connecting them to the physical sensations you experience in your body.



Emergency Self-Soothing & Coping Tool Kit

Grounding Techniques

5-4-3-2-1 Grounding Exercise

- 5 things I can see
- 4 things I can touch
- 3 things I can hear
- 2 things I can smell
- 1 thing I can taste

Body Scan Exercise

- Find a comfortable position, lying down or sitting
- Bring your attention to your feet.
- Slowly move your awareness up your body
- Simply notice, without judgment, whatever you feel
- After scanning your whole body, take a few deep breaths

Breathing Technique

Box Breathing:

- Inhale for 4 seconds → Hold for 4 seconds → Exhale for 4 seconds → Hold for 4 seconds (Repeat)

Comforting Affirmations

- I am safe in this moment.
- This feeling is temporary and will pass.
- I have overcome challenges before, and I will again.

Crisis Response Plan

What do I do when I'm struggling?

- When I notice myself feeling overwhelmed, I will:

  _____

  _____

  _____

  _____

- People I can reach out to for support:

  _____

  _____

  _____

- A reminder I need in this moment:

  _____

  _____

- My go-to coping strategy:

  _____

  _____

  _____

- Three positive things I can acknowledge about myself:

  _____

  _____

  _____

  _____

Progress & Growth Check-In

Mood & Progress Tracker

On a scale of 1 to 10, how do I feel about my growth this week? (1 = Stuck, 10 = Transformative Growth)

□ 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10

Goal-Setting for Next Week

- **My goal for next week is:**
  S (Specific): _____
  M (Measurable): _____
  A (Achievable): _____
  R (Realistic): _____
  T (Timely): _____

- I will achieve this by:
  _____
  _____
  _____

- What support do I need to reach this goal?
  _____
  _____
  _____

- What obstacles will I encounter along the way?
  _____
  _____

Psychoeducation & Cognitive Based Strategies

Identifying Negative Thoughts

- A recurring thought that isn't helping me:

  _____

  _____

- A more balanced way to view this situation:

  _____

  _____

- What would I tell a friend who had this thought?

  _____

  _____

- What can I do to challenge this thought?

  _____

  _____

Emotional Regulation Techniques

- What emotion am I feeling?

  _____

  _____

- What triggered this feeling?

  _____

  _____

- What can I do to regulate it in a healthy way?

  _____

  _____

  _____

Inspiring Reminders & Affirmations

Encouraging Reminders from Previous Sessions

- A helpful takeaway from my last therapy session:

  _____

  _____

- An affirmation my therapist shared:

  _____

  _____

- What progress have I made since my last session?:

  _____

  _____

- Something I want to remember:

  _____

  _____

- What questions or topics do I want to bring up in my next session?:

  _____

  _____

Affirmations for Strength & Healing

I am learning and growing every day.
I give myself permission to take things one step at a time.
I deserve to prioritize my well-being.

_____

_____

_____

_____

Freewriting

This page is yours. Use this space to write freely about your thoughts, feelings, reflections, or anything else that comes up. There are no rules, no judgments—just a space for you to express whatever is on your mind. Let your words flow without overthinking. You are heard, you are valued, and this space is here for you.