

# Guided Journaling Exercise



## Finding Hope in the Darkness

**This week, go within and ask yourself what feelings you may not be acknowledging. Write them down.**

**Set aside some time and find a quiet place where you can give yourself permission to feel one or more of those feelings you wrote down. Whatever you feel, allow it to bubble up and come to the surface in whichever way it is meant.**

**To honor the feelings you have just felt, write down your experience and how it may have helped you.**