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CORPORATE PEOPLEMAP™ TRAINING, PERSONAL & BUSINESS COACHING,  
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### **INSTRUCTIONS FOR JOURNALING**

#### **A. Preparation**

1. Find a comfortable place of quiet, allowing enough time to pray
2. Bring a journal with you and this instruction sheet
3. Ask the Holy spirit to guide you as you enter into listening prayer

#### **B. Current Situation**

1. Describe a recent event that “triggered” your emotions
  - a. What happened?
  - b. Describe the behavior that hurt you (or that you did to hurt the other(s))
2. Describe your emotions during the event
  - a. Identify what you are feeling (alone, afraid, rejected, sad, angry, shame, etc)
  - b. What areas of your body are affected (e.g. shoulders, stomach, chest, etc)
3. Identify your thought processes that match these feelings
  - a. What do you believe in your heart about yourself? (“Lies”)
  - b. What do you believe in your heart about the other(s)? (“Judgments”)

#### **C. Root Memories**

1. Repeat the belief statements to yourself as you feel the emotions
2. Ask the Holy Spirit to show you where these feelings/beliefs are rooted
  - a. When did I first begin to feel this way?
  - b. Where did these beliefs originate in my past?
3. Describe the events in the memory and write them out

#### **D. Healing Prayer**

1. Invite Jesus into the memory
2. Ask Him to reveal to your heart what He wants you to know
3. Record in your journal what you received from Jesus
4. Check the fruit of the message in your feelings and beliefs
5. Thank Jesus for his compassion and healing love