

INTEGRATION WORKBOOK

6-Week Emotional Processing & Awareness System

This is where you learn how to process what you become aware of.

HOW TO USE THIS

This is not about fixing yourself.

This is about understanding how you process your thoughts, emotions, and reactions.

Be honest. That's where change begins.

DAY 1 — May 08, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 2 — May 09, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 3 — May 10, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 4 — May 11, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 5 — May 12, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 6 — May 13, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 7 — May 14, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

WEEK 1 INTEGRATION REVIEW

What emotions came up the most?

What patterns are repeating?

What triggers me the most?

What am I avoiding?

What am I starting to understand?

DAY 8 — May 15, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 9 — May 16, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 10 — May 17, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 11 — May 18, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 12 — May 19, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 13 — May 20, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 14 — May 21, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

WEEK 2 INTEGRATION REVIEW

What emotions came up the most?

What patterns are repeating?

What triggers me the most?

What am I avoiding?

What am I starting to understand?

DAY 15 — May 22, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 16 — May 23, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 17 — May 24, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 18 — May 25, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 19 — May 26, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 20 — May 27, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 21 — May 28, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

WEEK 3 INTEGRATION REVIEW

What emotions came up the most?

What patterns are repeating?

What triggers me the most?

What am I avoiding?

What am I starting to understand?

DAY 22 — May 29, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 23 — May 30, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 24 — May 31, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 25 — June 01, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 26 — June 02, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 27 — June 03, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 28 — June 04, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

WEEK 4 INTEGRATION REVIEW

What emotions came up the most?

What patterns are repeating?

What triggers me the most?

What am I avoiding?

What am I starting to understand?

DAY 29 — June 05, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 30 — June 06, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 31 — June 07, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 32 — June 08, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 33 — June 09, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 34 — June 10, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 35 — June 11, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

WEEK 5 INTEGRATION REVIEW

What emotions came up the most?

What patterns are repeating?

What triggers me the most?

What am I avoiding?

What am I starting to understand?

DAY 36 — June 12, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 37 — June 13, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 38 — June 14, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 39 — June 15, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 40 — June 16, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 41 — June 17, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

DAY 42 — June 18, 2026

■ BODY AWARENESS

What am I feeling in my body?

Where do I feel it?

■ THOUGHT AWARENESS

What thought repeated today?

Is this thought real, fear, or habit?

■ EMOTIONAL PROCESSING

What emotion came up today?

Did I avoid it, react, or sit with it?

■ RESPONSE CHECK

How did I handle stress?

■ INTEGRATION

What did this situation show me about myself?

What pattern is behind it?

■ REFRAME

What is a better way I could respond next time?

■ END OF DAY AWARENESS

What felt different today?

What am I becoming aware of?

■ GRATITUDE

1. _____

2. _____

3. _____

WEEK 6 INTEGRATION REVIEW

What emotions came up the most?

What patterns are repeating?

What triggers me the most?

What am I avoiding?

What am I starting to understand?

FINAL REFLECTION

What did I learn about my emotional patterns?

How do I respond now vs before?

What changed in how I process things?

What am I more aware of now?
