

P . R . A . Y Journal

503-846-9284

Name: _____ Today's Date _____ Date/Year of Event: _____

Explain the event (who was it with & what were you upset about) _____

Physical Warning Signs: <i>(See handout in notebook)</i>
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Behavioral Warning Signs: <i>(See handout in notebook)</i>
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What were your Hidden Hurts?	
<i>Check all that apply</i>	
<input type="checkbox"/> Powerless	<input type="checkbox"/> Rejected
<input type="checkbox"/> Disrespected	<input type="checkbox"/> Devalued
<input type="checkbox"/> Unloved	<input type="checkbox"/> Separated
<input type="checkbox"/> Disregarded	<input type="checkbox"/> Unimportant
<input type="checkbox"/> Accused	<input type="checkbox"/> Guilty

1. Negative self-talk _____
2. Abusive or Controlling Behaviors: _____
3. What did I want the other person to DO, FEEL, or THINK? _____
4. Beliefs that allowed me to be abusive/controlling: _____
5. How did my abuse/control *affect* the other person? _____
6. How did my abuse/control *affect* others (witnesses) involved? _____
7. What did I gain from being abusive/controlling? _____
8. What did I lose from being abusive/controlling? _____
9. What Christ-like *attitudes or beliefs* would have helped me? _____
10. What *positive self-talk* would have helped me? _____
11. What would have been a *Christ-like response* to this event? _____

Make a 'Direct Statement' to express the feelings and desires in this situation:
 'I' feel (*Hidden Hurts*) _____

When (*Event*) _____

I would like to (#11) _____

And I will (#11) _____

PRAY PROCESS

Instructions: (1) Fill out the top portion on the front side before completing this side. (2) This side is for events since entering the program. *Your first 20 PRAY logs should be front sides only.*

1. When I experienced my Hidden Hurts, I chose to PRAY; my prayer was the following:

2. When I recognized my Hidden Hurts, I recognized these feelings from the past:

3. I applied compassion for myself by thinking (Positive Self-Talk):

4. I applied compassion for the other person by thinking:

5. My Christ-like attitude was the following:

6. The True-Value's I recognized were the following:

Check ALL True Values that apply in this situation					
<input type="checkbox"/>	Powerful	<input type="checkbox"/>	Valuable	<input type="checkbox"/>	Respected
<input type="checkbox"/>	Connected	<input type="checkbox"/>	Lovable	<input type="checkbox"/>	Important
<input type="checkbox"/>	Regarded	<input type="checkbox"/>	Forgiven	<input type="checkbox"/>	Accepted

7. Describe what you said/did:

8. What belief helped me stay free of abusive /controlling behavior? _____

9. How did my Christ-like response affect the person the event was with? _____

10. How did my Christ-like response affect me? _____
