

ARMS P.R.A.Y Journal # _____

(Upsetting event since the age of 18, that involve another person.)

503-846-9284

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

Briefly explain the event, who was it with & what were you upset about. _____

Physical Warning Signs: (See handout in notebook)

Behavioral Warning Signs: (See handout in notebook)

What were your Hidden Hurts? <i>Check all that apply</i>	
Powerless	Rejected
Disrespected	Devalued
Unloved	Separated
Disregarded	Unimportant
Accused	Guilty

1. **Negative self-talk** _____

Facilitator Comments: _____

Your changes and additions: _____

2. **Abusive or Controlling Behaviors:** _____

Facilitator Comments: _____

Your changes and additions: _____

3. **What did I want the other person to DO, FEEL, and THINK?** _____

Facilitator Comments: _____

Your changes and additions: _____

4. **Beliefs that allowed me to be abusive/controlling:** _____

Facilitator Comments: _____

Your changes and additions: _____

5. **How did my abuse/control *affect* the person the abuse was directed at? (Consider Hidden Hurts):**

Facilitator Comments: _____

Your changes and additions: _____

6. **How did my abuse/control *affect* others who witnesses, saw, or heard it?** _____

Facilitator Comments: _____

Your changes and additions: _____

7. What did I gain from being abusive/controlling? (There are gains, even if they are brief) _____

Facilitator Comments: _____

Your changes and additions: _____

8. What did I lose from being abusive/controlling? _____

Facilitator Comments: _____

Your changes and additions: _____

Rewriting the past: (if you could redo this event.)

9. What Christ-like or positive *attitudes* would have helped me? _____

Facilitator Comments: _____

Your changes and additions: _____

10. What Christ-Like or positive Beliefs and Attitudes would have helped me? _____

Facilitator Comments: _____

Your changes and additions: _____

11. What *positive self-talk* would have helped me? _____

Facilitator Comments: _____

Your changes and additions: _____

12. What would have been *Christ-like or right actions* in this event? _____

Facilitator Comments: _____

Your changes and additions: _____

Make a 'Direct Statement' to summarize the above statements:

'I' feel (*Hidden Hurts*) _____

When (This should match *Event you stated*) _____

I would like to (From #11 *What you could have done differently*) _____

And I will (from #11 *What you could have done differently*) _____

ARMS P.R.A.Y Process Journal

(Upsetting events since you entered the ARMS program and handled well.)

503-846-9284

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

Briefly explain the event, who was it with & what were you upset about.

Physical Warning Signs: <i>(See handout in notebook)</i> _____ _____ _____

Behavioral Warning Signs: <i>(See handout in notebook)</i> _____ _____ _____

What were your Hidden Hurts?	
<i>Check all that apply</i>	
Powerless	Rejected
Disrespected	Devalued
Unloved	Separated
Disregarded	Unimportant
Accused	Guilty

1. When I experienced my Hidden Hurts, I chose to PRAY;
 my prayer was the following *(or if you forgot to pray, your prayer could have been...)*: _____

2. I recognized these Hidden Hurts from my past:

3. I applied compassion for myself by thinking (Positive self-talk about yourself):

4. I applied compassion for the other person by thinking (Positive self-talk about the other person):

5. My Christ-like attitude was the following (ex: Kindness, understanding, respect, etc.): _____

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

Check ALL True Values that apply in this situation					
Powerful	Valuable	Respected	Connected	Lovable	Important
Regarded	Forgiven	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 in this event? _____

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