

# ARMS P.R.A.Y Journal # \_\_\_\_\_

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

Name: \_\_\_\_\_ Today's Date \_\_\_\_\_ Date/Year of Event: \_\_\_\_\_

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

\_\_\_\_\_

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

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

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

1. Negative self-talk \_\_\_\_\_

Facilitator Comments: \_\_\_\_\_

2. Abusive or Controlling Behaviors: \_\_\_\_\_

Facilitator Comments: \_\_\_\_\_

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

Facilitator Comments: \_\_\_\_\_

4. Beliefs that allowed me to be abusive/controlling: \_\_\_\_\_

Facilitator Comments: \_\_\_\_\_

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

Facilitator Comments: \_\_\_\_\_

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

Facilitator Comments: \_\_\_\_\_

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

Facilitator Comments: \_\_\_\_\_

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

Facilitator Comments: \_\_\_\_\_

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

9. What Christ-Like or positive *attitudes* would have helped me? \_\_\_\_\_

Facilitator Comments: \_\_\_\_\_

10. What Christ-Like or positive Beliefs would have helped me? \_\_\_\_\_

Facilitator Comments: \_\_\_\_\_

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

Facilitator Comments: \_\_\_\_\_

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

Facilitator Comments: \_\_\_\_\_

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 #12 *What you could have done differently*) \_\_\_\_\_

**And I will** (from #12 *What you could have done differently*) \_\_\_\_\_