

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: (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. 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? _____
