

# Emotional Reflection Journal

Use this journal after conflicts or tense moments. Writing down your thoughts helps you process emotions, uncover patterns, and prepare for healthier conversations.

1. What actually happened in the disagreement?
2. What was I really feeling underneath my words or reactions?
3. What story did I tell myself about what my partner meant?
4. How did my body react (tight chest, raised voice, shutting down, etc.)?
5. What did I need in that moment that I didn't express clearly?
6. Looking back, what would kindness have looked like here?
7. What can I try differently next time I feel this way?
8. One thing I appreciate about my partner, even in conflict, is...

*Tip: Use this journal privately or share parts with your partner when you're both calm. It is not about blame, but about clarity and growth.*