

Chapter 3: Reflect

Resource # 5

Self-Dialogue Journal

Consider that your best friend is going thru what you are going thru and write a dialogue between you and her/him. In this dialogue (in which you are both you and her) discuss what is the issue bothering her, what are her options and what is the action plan. Then follow your own advice.

Example

You: How are you feeling?

Friend: I am feeling so overwhelmed. I feel like my mind is scattered and I am not able to do what I planned to do.

You: Let's review your day. What did you do today?

Friend: I had a day of work from home and planned multiple tasks but then my kid woke up with fever so some time went in caring for her. The kitchen took longer than usual. I got a call from friend whom I really needed to talk to. I answered a bunch of emails from work and went for a meeting with a referring partner. Which was all good, but I didn't get to do what I planned to do and I am behind on deadline now.

You: So, you did do multiple things. Most of them important. Just not the ones you planned.

Friend: That's true.

You: So, what are your options now?

Friend: I think I am so overwhelmed with so many things to do that my mind is getting scattered. I know I need to focus and start doing one small task at a time and I will get many things done. I know that this going over and over again on all the things I have to do is making me feel more scattered and overwhelmed.

You: So, what are your going to do?

Friend: I am going to do that brain dump and 5 d exercise and just do one thing for the designated time. Every time the thought would come about all the other things, I am going to say, I will finish this thing or this section of my current task and then focus on the next.

Now write a similar dialogue in the template below (use extra sheet if necessary):

Self-Dialogue Journal Template

You:(Issue)

Friend:

You:(options)

Friend:

You: (Action plan)

Friend:

What If?

If you don't reflective thinking like this, you may continue to feel stuck in your victim role. If you do, you will be able to step into a victor role. So, go ahead, do this journaling exercise today and as needed.