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Reflection Journal Page

Date: _____

Take a quiet moment after your listening session to reflect deeply.
Let your thoughts and emotions flow freely onto the page without judgment.

1. What thoughts came up for you while you were listening to the music? (You may describe specific memories, ideas, mental images, or observations.)

 **Write here:**

2. What feelings did you experience while listening? (Notice any shifts in mood, physical sensations, or emotional responses.)

 **Write here:**