

JESUS FOR THE ANXIOUS

Journaling Pages

MELISSA FISHER

MELISSAFISHERCOUNSELING.COM

WEEK ONE

Notes

Day 1: _____

Day 2: _____

Day 3: _____



WEEK ONE

Notes (cont.)

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

WEEK ONE

Personal Summary

This week's main concepts: emotional/heart influences (soul, mind, body, relationships, environment), symptoms of anxiety, situational anxiety, perpetual anxiety

This week's skills: true and helpful statements, meditation

Use the prompts below to summarize your experiences this week. We will use the same prompts each week.

Learn: Something I'm learning about myself or my anxiety is (e.g., "I ruminate often" or "I have lots of body (physical) symptoms" or "I think I need to talk to someone"):

Engage: Something that impacted my relationship with Jesus is (e.g., "I thought anxiety was a sin" or "I didn't realize meditation could be about God" or "I connected with Jesus through Scripture" or "I'm realizing God or Jesus is _____" or "Nothing yet"):

Practice: One tool I will add to my Calm Toolbox is (pick either a verse or true and lovely statement for meditation. Write it here, then add it to your Calm Toolbox. You will add to your Calm Toolbox each week):



_____’S CALM TOOLBOX

<i>Week One Meditate:</i>	<i>Week Two Breathe:</i>	<i>Week Three:</i>
<i>Week Four:</i>	<i>Week Five:</i>	<i>Week Six Core Value or Identity Statement:</i>
<i>Week Seven:</i>	<i>Week Eight:</i>	<i>Week Nine:</i>
<i>Example:</i> <i>Meditate on Psalm 91:1</i> <i>(NIV): “He who dwells in</i> <i>the shelter of the Most</i> <i>High will rest in the</i> <i>shadow of the Almighty.”</i>		

Tip for adding tools to the toolbox: Be concise but helpful, so that if you were to glance at the toolbox in a time of feeling overwhelmed, it wouldn't require any additional work to use the tool.

WEEK TWO

Notes

Day 1: _____

Day 2: _____

Day 3: _____



WEEK TWO

Notes (cont.)

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

WEEK TWO

Personal Summary

This week's concepts: breath and emotions, practice makes habit

This week's skills: **diaphragmatic breathing (deep breathing)—belly breathing, 4-5-6 breathing, box breathing**

Use the prompts below to summarize your experiences this week.

Learn: Something I'm learning about myself or my anxiety is (e.g., "My breathing is shallow" or "I have lots of body (physical) symptoms" or "I think I need to talk to someone"):

Engage: Something I'm learning about Jesus is (e.g., "He's not judging me as much as I thought he was" or "I feel connected to him through _____" or "He is more/less _____ than I realized"):

Practice: One tool I will add to my Calm Toolbox is:



WEEK THREE

Notes

Day 1: _____

Day 2: _____

Day 3: _____



WEEK THREE

Notes (cont.)

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

WEEK THREE

Personal Summary

This week's concept: mind time

This week's skills: **visualization, five-senses mindfulness, TEE distractions**

Use the prompts below to summarize your experiences this week.

Learn: Something I'm learning about myself or my anxiety is:

Engage: Something I'm learning about Jesus is:

Practice: One tool I will add to my Calm Toolbox is:



WEEK FOUR

Notes

Day 1: _____

Day 2: _____

Day 3: _____



WEEK FOUR

Notes (cont.)

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

WEEK FOUR

Personal Summary

This week's concepts: posture, engaging the body

This week's skills: **progressive muscle relaxation, Scripture writing, open hands**

Use the prompts below to summarize your experiences this week.

Learn: Something I'm learning about myself or my anxiety is:

Engage: Something I'm learning about Jesus is:

Practice: One tool I will add to my Calm Toolbox is:



WEEK FIVE

Notes

Day 1: _____

Day 2: _____

Day 3: _____



WEEK FIVE

Notes (cont.)

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

WEEK FIVE

Personal Summary

This week's concepts: rest, busy anxiety, quality time with Jesus

This week's skills: **rest time, practice simplicity (remove a dish), planning a Sabbath**

Use the prompts below to summarize your experiences this week.

Learn: Something I'm learning about myself or my anxiety is:

Engage: Something I'm learning about Jesus is:

Practice: One tool I will add to my Calm Toolbox is:



WEEK SIX

Notes

Day 1: _____

Day 2: _____

Day 3: _____



WEEK SIX

Notes (cont.)

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

WEEK SIX

Personal Summary

This week's concepts: Healing Roots, self-awareness and God-awareness, knowing God (*ginosko*), head-knowledge vs. heart-knowledge

This week's activities: **"Who is Jesus?," Lectio Divina, core values, identity statements**

Use the prompts below to summarize your experiences this week.

Learn: Something I'm learning about myself or my anxiety is:

Engage: Something I'm learning about Jesus is:

Practice: One tool I will add to my Calm Toolbox is:



WEEK SEVEN

Notes

Day 1: _____

Day 2: _____

Day 3: _____



WEEK SEVEN

Notes (cont.)

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

WEEK SEVEN

Personal Summary

This week's concepts: relationships matter, relationship jars, boundaries

This week's skills: **choosing engagements, speaking truth (relationship statements), appropriately apologizing, matter-of-fact tone, verbatim, being curious**

Use the prompts below to summarize your experiences this week.

Learn: Something I'm learning about myself or my anxiety is:

Engage: Something I'm learning about Jesus is:

Practice: One tool I will add to my Calm Toolbox is:



WEEK EIGHT

Notes

Day 1: _____

Day 2: _____

Day 3: _____



WEEK EIGHT

Notes (cont.)

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

WEEK EIGHT

Personal Summary

This week's concepts: guilt anxiety, rebuilding the dock

This week's skills: **serenity chart, rebuilding the dock, next steps**

Use the prompts below to summarize your experiences this week.

Learn: Something I'm learning about myself or my anxiety is:

Engage: Something I'm learning about Jesus is:

Practice: One tool I will add to my Calm Toolbox is:

