

0301F Neural-Plasticity Exercise Journal

Name: _____

Home: _____

Describe below the wounding event you are working on during this neural-plasticity exercise. Include sufficient details to offer the reader a sense of what specifically happened to you without the kind of details that may cause sexual arousal if the event was sexual in nature. Also, describe how you framed the event at the time as well as how you see it now. How do you believe this event affected your life?

Session	Date	Start Time	End Time	Partner(s)	Environment (diet, lighting, quiet, music, etc.)	What did you experience (senses, emotions, & reflections)?/Reframing	Reframing
1							
2							
3							
4							
5							
6							
7							

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Session	Date	Start Time	End Time	Partner(s)	Environment (diet, lighting, quiet, music, etc.)	What did you experience (senses, emotions, & reflections)?/Reframing	Reframing
8							
9							
10							
11							
12							

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Session	Date	Start Time	End Time	Partner(s)	Environment (diet, lighting, quiet, music, etc.)	What did you experience (senses, emotions, & reflections)?/Reframing	Reframing
13							
14							
15							
16							
17							

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Session	Date	Start Time	End Time	Partner(s)	Environment (diet, lighting, quiet, music, etc.)	What did you experience (senses, emotions, & reflections)?/Reframing	Reframing
18							
19							
20							
21							

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Since you began this exercise:

How have your everyday thoughts changed?

How has your outlook on life changed?

What weaknesses/threats have you noticed fading in your life?

What strengths/opportunities have you noticed blossoming in your life?

What changes have already taken place in your thinking, triggering, and filters?

What changes do you expect to take place in your thinking, triggering, and filters?