

2-Minute Journal Questions

Instructions:

The purpose of these 2-minute journal entries is for you to have a dialogue with yourself. Each journal entry will be read by your course instructor, but it will not be graded for grammar or spelling, so write without critiquing what you write. For each question below, set a timer and write whatever comes to mind for 2-minutes. Keep writing for 2-minutes. Avoid editing or re-reading; just write whatever comes to mind. If you notice that nothing is coming to mind, then write, “nothing is coming to mind...” Enjoy!

Stress

1. What are your sources of stress?
2. What can you do about those sources of stress?

Attention Regulation Training

1. What did I notice as I practiced focusing on my breath?
2. What did I notice as I practiced focusing on the physiological sensations in my body?
3. What did I notice as I practiced focusing on one sound?
4. What did I notice as I practiced focusing on my breath while walking or moving?

Emotion Regulation Training

1. When I focus on unpleasant/dislike/yuckand/or pleasant/like yum sensations, I...
2. When I completed the body scan, I ...
3. When I consider how I am feeling right now, I...
4. When I consider where in my body, I notice specific emotions, I...
5. When I consider that emotions drive my decision making even when I am not aware of my emotions, I ...
6. When I consider that I am NOT my emotions, I ...

SBNRR

1. What did you notice after practicing SBNRR?

2. When I consider that I can stop, breathe, notice, reflect, and respond to any situation, I ...
3. When I consider that sensations and thoughts change, I ...
4. When considering that the other person may be having a completely different experience from me and that experience is true for them, I...

Self-Compassion

1. When I practiced the self-compassion exercises, I ...
2. When I consider that I could offer kindness to myself, or another member of an in-our outgroup, I ...
3. What would keep me from practicing self-compassion is...
4. What would support me in practicing self-compassion is ...

Combatting Negative Bias

1. When I practiced the stepping in the good practice, I ...
2. I am grateful for...

Resilience

1. What would I attempt to do if I knew I couldn't fail?
2. When I practiced the resilience exercise, I noticed...
3. When considering how I will sustain my resilience practices, I ...