



TRAUMA JOURNAL 2

PREPARED BY:

Rabbi Daniel Schonbuch, LMFT
Viktor Frankl Mind/Body/Soul
Coaching Program

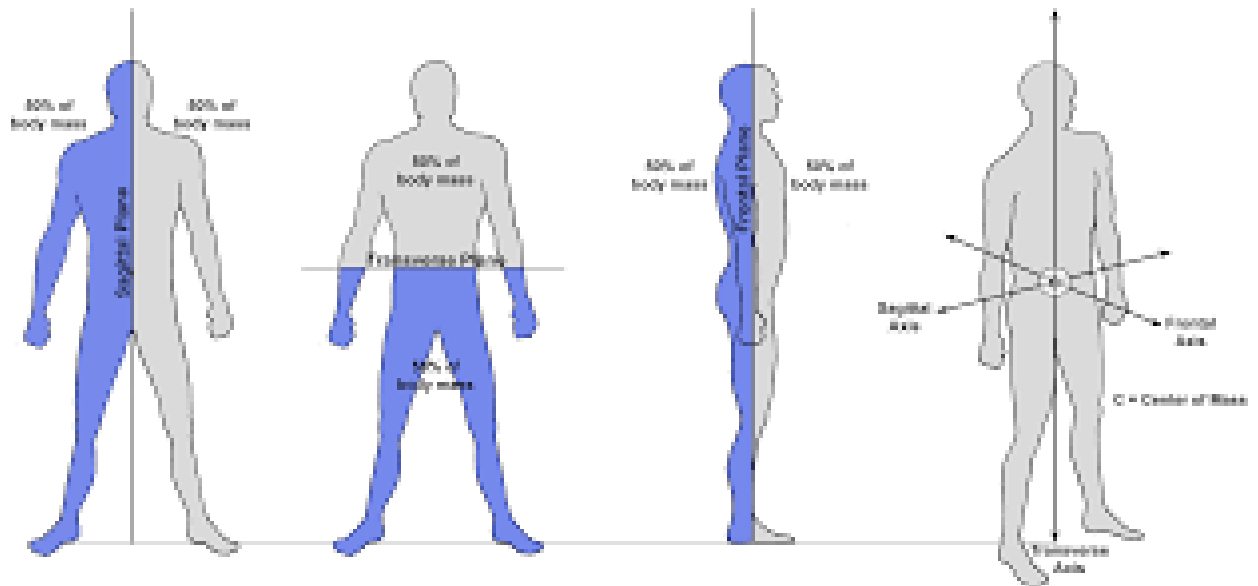
FINDING YOUR CENTER

01

While sitting, sway back and forth gently and notice your center.

Stand up and sway back and forth and notice center

Walk slowly and notice movements. Then, notice thoughts.



TRAUMA JOURNAL

01

Reflect on what you experienced. Did you find your center? Was it calming? Difficult? etc

Write down your thoughts.

COMPARE & RELAX

02

Place hands on chest and stomach.

Notice tension and describe it your mind's eye for a moment.

Compare with a more relaxed place in body.

Notice other parts, i.e. breathing, back, legs.



TRAUMA JOURNAL

02

Reflect on different sensations.

Write about how you felt before and after the exercise.
