



# **TRAUMA JOURNAL 3**

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# BODY/POSTURE AWARENESS

01

Look in the mirror or take a picture of yourself.

Notice your posture/body language.

Sense the emotions and thoughts associated with your posture.



Excitement



Anger



Surprise - afraid



Sulkiness



Surprise - interested



Pride



Satisfaction



Being in love



Sadness

# TRAUMA JOURNAL

02

Write down your thoughts, feelings and sensations associated with your posture/body language.

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# COMPARE & RELAX

**03**

Move your body into preferred state/position.

Notice the difference.

Pendulate back and forth between negative and positive states and notice the difference.

