

A SACRED SPACE RESOURCE

The Space Between Sessions

A gentle journal for noticing, reflecting,
and staying connected to yourself

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SACRED SPACE MIND BODY HEALING

How to use this journal

This journal is an invitation, not an assignment. You may use it between therapy sessions to notice patterns, remember something you want to discuss, or make space for what you are experiencing.

You do not need to complete the pages in order. You may write one word, draw, make a list, leave a page blank, or stop altogether. Writing more is not necessarily better.

This journal belongs to you. You may bring it to therapy, but you never have to show it to anyone.

A few ways to use it

- Choose the page that matches what you need today.
- Pause if writing makes you feel increasingly overwhelmed or far away.
- Keep your eyes open, move around, or orient to the room as needed.
- Return to a page later - or decide not to return to it.
- Use the journal to support therapy, not to replace care or crisis support.

A note about emotional safety

Reflection can be helpful, but turning inward is not always grounding. If a prompt increases distress, numbness, panic, confusion, or disconnection, you may stop. You do not have to push through.

Try looking around the room, naming present-time facts, feeling physical support, moving your body, or connecting with someone you trust. If you are in immediate danger or experiencing a mental-health crisis, call 911, go to the nearest emergency department, or call or text 988 in the United States.

Before I continue, I can ask:

- ☐ Do I feel present enough to write?
- ☐ Would looking outward feel safer than looking inward?
- ☐ Do I want privacy, connection, movement, rest, or support?
- ☐ What will help me transition when I am finished?

One thing that helps me feel more connected to the present:

What feels most present today?

Begin wherever your attention naturally goes. You do not need to identify the most important thing or explain it perfectly.

Right now, I notice...

The feeling, thought, image, or concern taking up the most space is...

What I want to remember for my next therapy session:

Nervous-system check-in

These words are descriptions, not diagnoses. More than one may be true, and “unsure” is always an option.

☐ Present and connected

☐ Frozen or stuck

☐ Activated or restless

☐ Numb or far away

☐ Anxious or overwhelmed

☐ Tired or shut down

☐ Angry or defensive

☐ Unsure - and that is okay

What tells me this might be happening?

You might notice thoughts, emotions, urges, physical sensations, or changes in attention.

What would support me right now?

Activation, connection, and shutdown

Your nervous system can move between states throughout the day. The goal is not to stay calm all the time, but to notice what is happening and what may help.

When I become activated, I tend to notice...

When I feel connected or steady enough, I tend to notice...

When I shut down or disconnect, I tend to notice...

What happened? What did I notice?

Describe only as much of the situation as feels useful. You do not need to recount painful details.

The situation, in a few words:

What I noticed first:

What happened next inside me:

What I did - or wanted to do:

Thoughts, emotions, and sensations

You may notice one layer more easily than another. "I don't know" is useful information.

Thoughts, meanings, or beliefs I noticed:

Emotions I noticed:

Physical sensations or changes in energy:

What feels most important now:

What might this response be protecting?

Protective responses often developed for a reason. You do not have to get rid of a response before you can begin listening to it.

If this response had a protective purpose, it might be trying to...

It may be afraid that...

What I want this protective part or response to know:

What do I need right now?

A need is not a demand or a guarantee. Naming it can help you decide what support or action is possible.

- | | |
|---|--|
| ☐ More space | ☐ Support or connection |
| ☐ Movement | ☐ Rest |
| ☐ Food or water | ☐ Clearer information |
| ☐ A boundary | ☐ Less stimulation |
| ☐ Comfort | ☐ Time |
| ☐ Professional support | ☐ Something else |

The need that feels most important is...

One small way I might respond to this need:

What is within my control?

Control and choice are not the same as responsibility for everything. This page is for noticing where some agency may be available.

What is outside my control:

What may be within my influence:

One choice available to me now - even a very small one:

Boundary reflection

Boundaries help clarify what belongs to you, what does not, and what you are available for. They may be internal, relational, physical, emotional, or practical.

The situation in which I noticed a boundary:

What my body or emotions seemed to communicate:

What I wanted to say or do:

A boundary I might practice:

Relationship pattern reflection

Patterns are not proof that something is wrong with you. They may reflect attachment needs, protective strategies, familiar roles, or attempts to preserve connection.

The interaction or pattern I noticed:

What I feared might happen:

The role I found myself taking:

What I needed but may not have expressed:

A difficult moment and my response

This is not an evaluation of whether you handled the moment correctly.

What made the moment difficult:

How I protected myself or tried to cope:

Something I understand about my response now:

What I might want to try next time - if anything:

Something that helped - even one percent

Support does not have to make a feeling disappear. Notice anything that helped you feel slightly more present, supported, connected, or able to choose.

What helped:

How I knew it helped, even a little:

How I might make this support easier to access again:

What I want to bring to therapy

You may bring the journal itself, copy a few words, or simply use this page to remember.

Something I want help understanding:

A pattern, feeling, memory, or relationship I want to discuss:

Something that felt helpful or different:

What I need from therapy right now:

Questions and themes to remember

A question I am carrying:

A theme that keeps returning:

Words, images, dreams, or sensations I want to remember:

Anything else:

A brief grounding page

Keep your eyes open if that feels safer. Move slowly, skip a step, or stop. The goal is not to force calm; it is to notice present-time information and choice.

1

LOOK

Let your eyes move around the space. Find one color, shape, or object that feels neutral enough.

2

LISTEN

Notice one sound nearby and one sound farther away.

3

FEEL SUPPORT

Notice one place where the floor, chair, wall, or another surface is supporting you.

4

NAME NOW

Name where you are, the approximate time, your current age, and one choice you have.

5

CHECK

Notice whether anything shifted - even one percent. No shift is also information.

One present-time fact or choice I want to name:

What am I carrying?

Sometimes we carry our own feelings alongside other people's expectations, moods, needs, or responsibilities. This page is an invitation to notice the difference without forcing an answer.

What feels heavy today?

What belongs to me?

What might belong to someone else?

What can I set down, even temporarily?

A compassionate response

Self-compassion does not mean approving of everything that happened. It means responding to your experience with honesty, context, and care.

What am I criticizing myself for?

What was I trying to manage, protect, or survive?

What would I say to someone I cared about in this situation?

What do I need more than criticism right now?

Evidence of self-trust

Self-trust is often rebuilt through small moments of listening, choosing, noticing, and responding to yourself.

A feeling, instinct, or need I noticed:

A choice I made or a boundary I honored:

A moment when I listened to myself:

Something I handled differently than I might have before:

What this may tell me about myself:

Glimmers and moments of connection

This page is not about looking on the bright side or denying what is difficult. It is a place to notice brief moments of interest, relief, connection, beauty, comfort, or enoughness - if any occurred.

Something that caught my attention:

A moment when I felt slightly more present:

A person, place, sound, object, or experience that felt supportive:

What I noticed in my body or energy:

It is okay if nothing comes to mind today.

Weekly reflection

What took the most energy this week?

What supported me?

What pattern did I notice?

When did I feel most connected to myself?

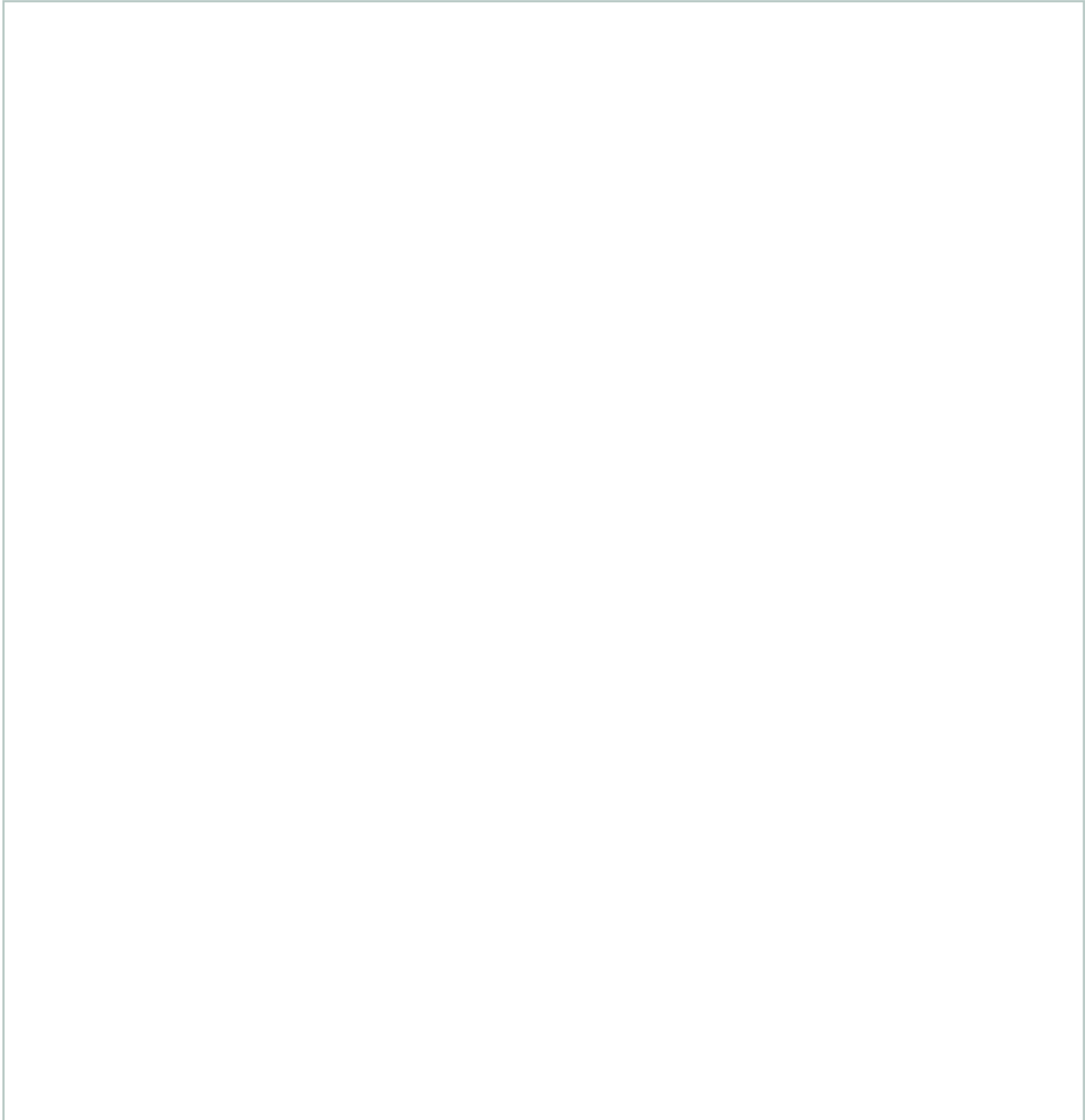
What am I proud of - even if it seems small?

What do I want to carry into next week or bring to therapy?

NO EXPLANATION REQUIRED

Creative reflection

Draw, write, map, scribble, make shapes, or use this page in any way that feels useful. It does not need to make sense, look finished, or be shared.

A large, empty rectangular box with a thin grey border, occupying the majority of the page below the instructions. It is intended for creative reflection, allowing the user to draw, write, map, scribble, or make shapes without any constraints.

Parts of me

Different parts of you may hold different feelings, needs, fears, or wishes. You do not have to decide which one is correct.

One part of me feels...

Another part of me feels...

The part trying to protect me wants...

The part that feels vulnerable may need...

What might help these parts feel less alone or less in conflict?

Values and authentic self

Values are directions rather than achievements. They can help you notice how you want to live, even when circumstances are difficult.

When do I feel most like myself?

What matters to me beneath other people's expectations?

What am I choosing - and what am I doing mainly to avoid rejection, conflict, or disappointment?

One value I want to practice:

One small action that could express that value:

Dream and image notes

Dreams, images, colors, and fragments may feel meaningful, confusing, ordinary, or unrelated. You do not need to interpret them immediately.

What I remember:

Images, colors, people, places, words, or symbols:

Emotions or body sensations:

What feels significant - or simply stays with me:

What I do not understand yet:

Not yet

Not being ready is different from failing or avoiding forever. Sometimes “not yet” is an important expression of pacing, protection, and self-trust.

Something I am not ready to address:

What tells me this may not be the right time?

What would help me feel more supported or prepared?

What can I focus on instead?

How can I respect my “not yet” without abandoning myself?

My personal support plan

Signs that I may need additional support:

People I may contact:

Professional or community supports:

Places or activities that help me reconnect:

What I want to remember in a difficult moment:

Notes and support information

Notes:

When you need immediate help

This journal is not monitored and is not a crisis service. If you or someone else is in immediate danger, call 911 or go to the nearest emergency department. In the United States, call or text 988 to reach the Suicide & Crisis Lifeline.

This educational resource does not replace individualized mental-health or medical care.