



DATE: _____

Brain Dump Sheet

Take a few minutes to notice what happens when you feel abandoned. There are no right or wrong answers.

Everything on my mind

What happened?

What Can Wait

What was I thinking?

What matters today

What did I notice in my body?

Gentle Reminder

Triggers are not weaknesses. They are often your mind and body trying to protect you based on past experiences. Becoming aware of them is an important step towards healing.

Need Extra Support?

If this worksheet brings up difficult emotions, pause and reach out to someone you trust or a qualified mental health professional.

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