

The background is a vibrant collage of abstract shapes and patterns. It features a large, light pinkish-orange rounded rectangle at the top, a green rounded rectangle in the middle, and a light blue rounded rectangle at the bottom. There are also several smaller shapes, including a yellow star-like shape on the left, a white hand-like shape on the right, and various patterns of dots and dashes in different colors (purple, pink, blue).

# *Mindfully Manic*

**MADDIE SHEFFER**

**A MENTAL HEALTH JOURNAL FOR  
A MINDFULLY MANIC JOURNEY**

# ***Journal 1***

**WHAT DO YOU WANT TO GET OUT OF THIS JOURNAL?  
IS THIS PRIVATE OR WILL YOU SHARE IT WITH OTHERS?**

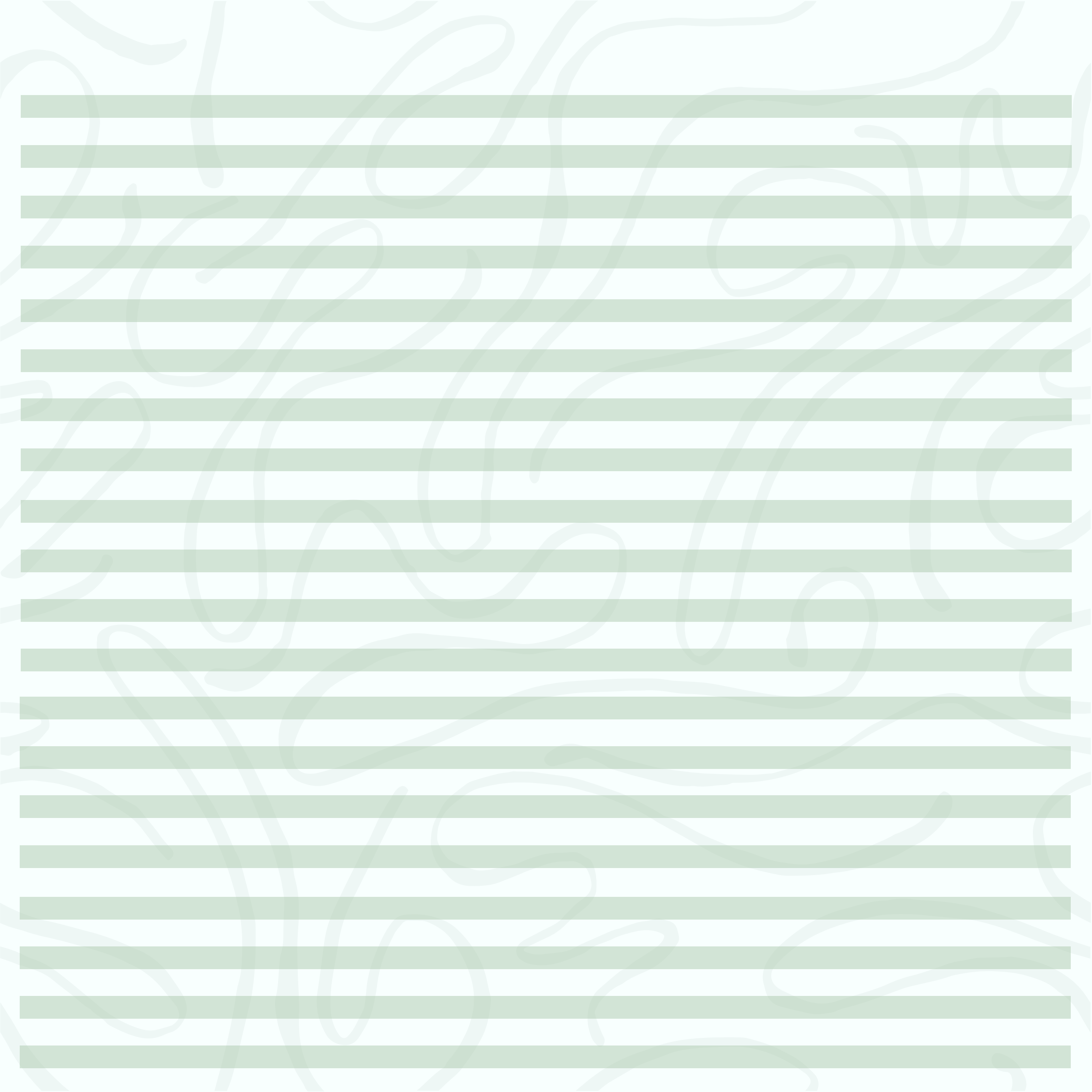
A series of 18 horizontal green lines, evenly spaced, providing a writing area for the user's response to the questions above.



# ***Journal 2***

**IF THREE PARTS OF YOUR LIFE COULD CHANGE OVERNIGHT,  
WHAT WOULD THEY BE? WHY?**

A series of 18 horizontal green lines, evenly spaced, providing a writing area for the journal prompt. The lines are a medium green color and span the width of the page.



# ***Journal 3***

**IF YOU WOKE UP AND EVERYTHING WAS THE WAY YOU WANT,  
HOW WOULD YOU BE ABLE TO TELL THROUGHOUT YOUR DAY?**

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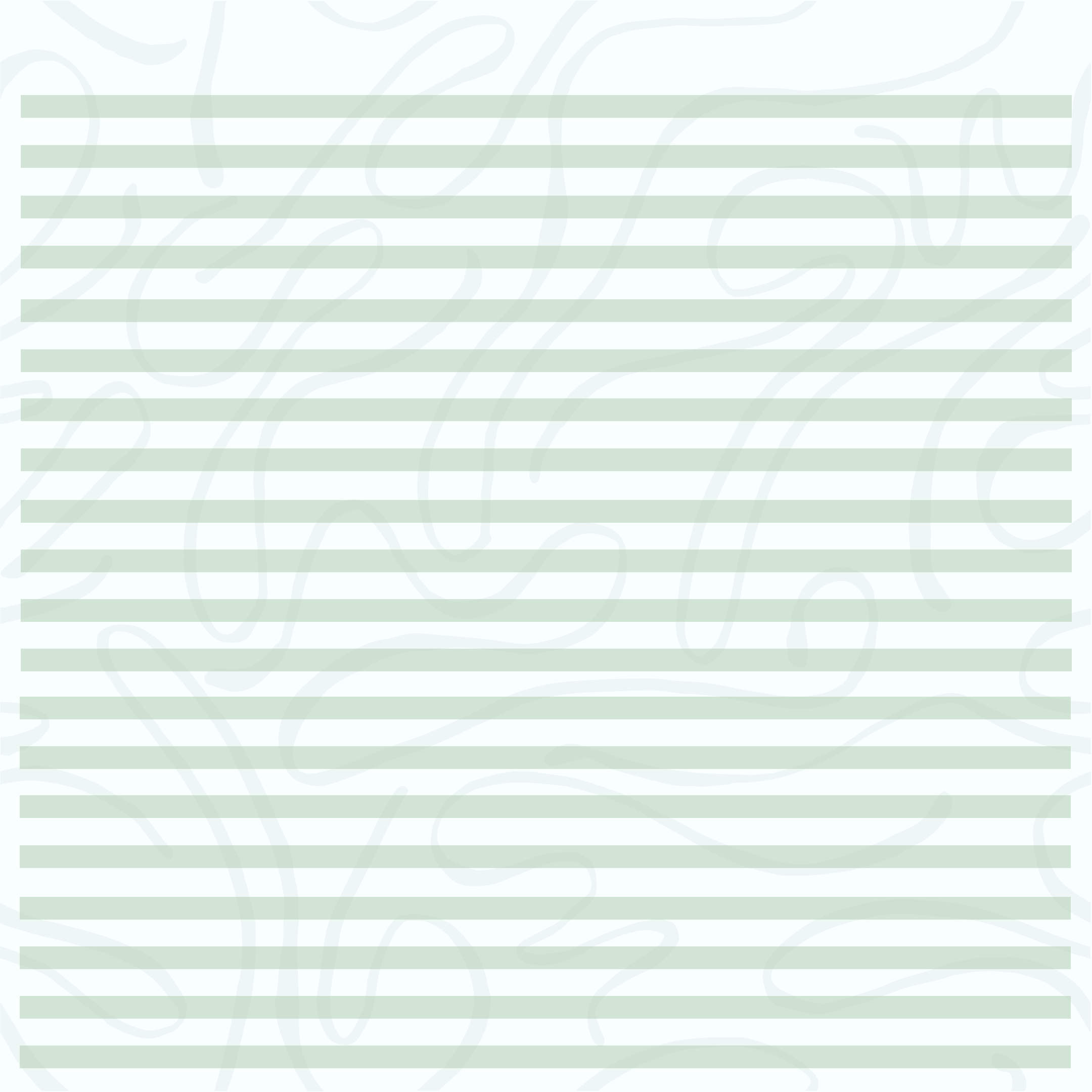
# ***Journal 4***

**WRITE THE TABLE OF CONTENTS OF YOUR LIFE.**

**WRITE THE CHAPTER NAMES & WHAT THEY ARE ABOUT IF YOU LIKE.**

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# ***Journal 5***

**WHAT IS YOUR MOST CHALLENGING FAMILY RELATIONSHIP? WHY?**

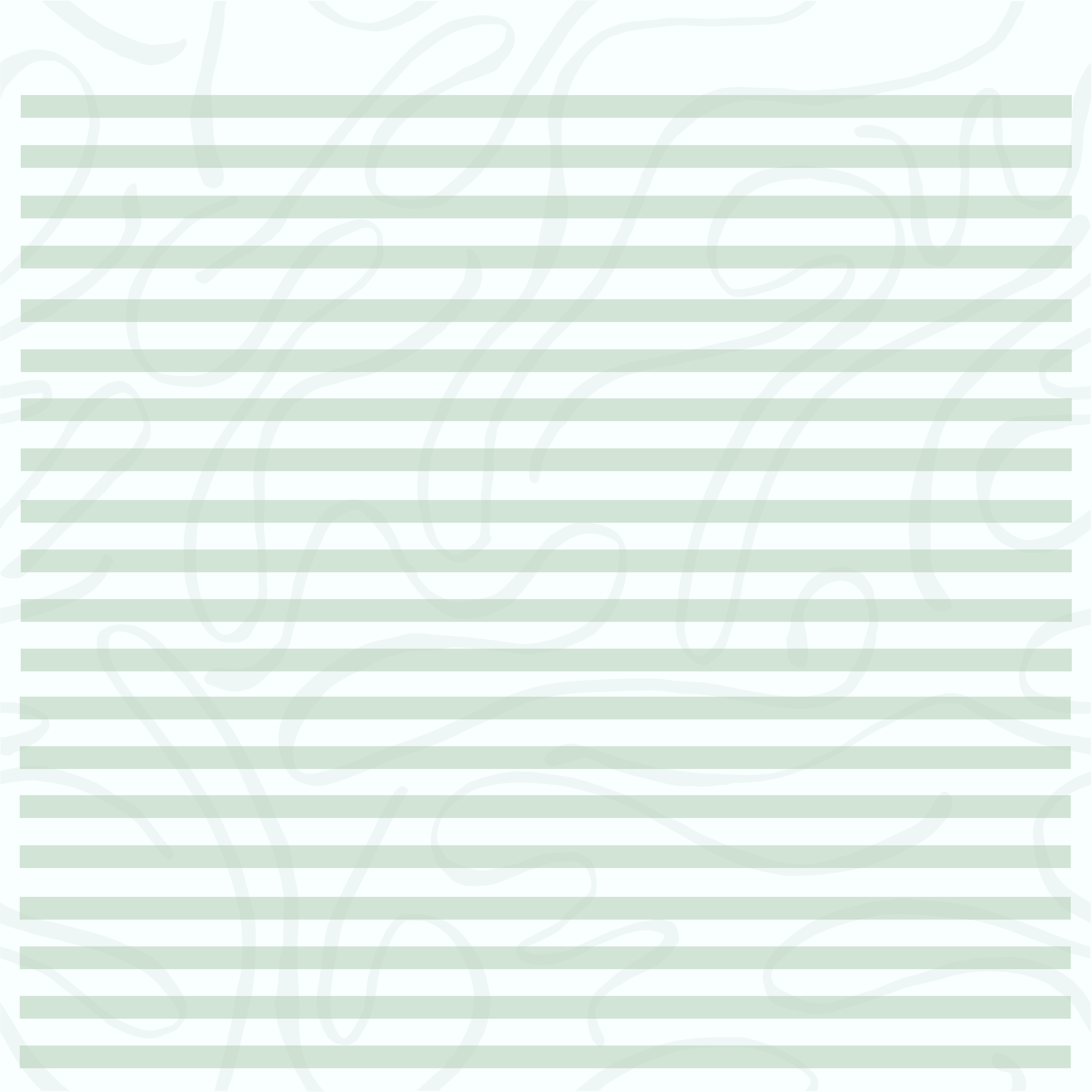
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# ***Journal 6***

**WHAT IS THE TITLE OF THE "CHAPTER" YOU ARE CURRENTLY LIVING IN?  
EXPLAIN WHY THIS IS.**

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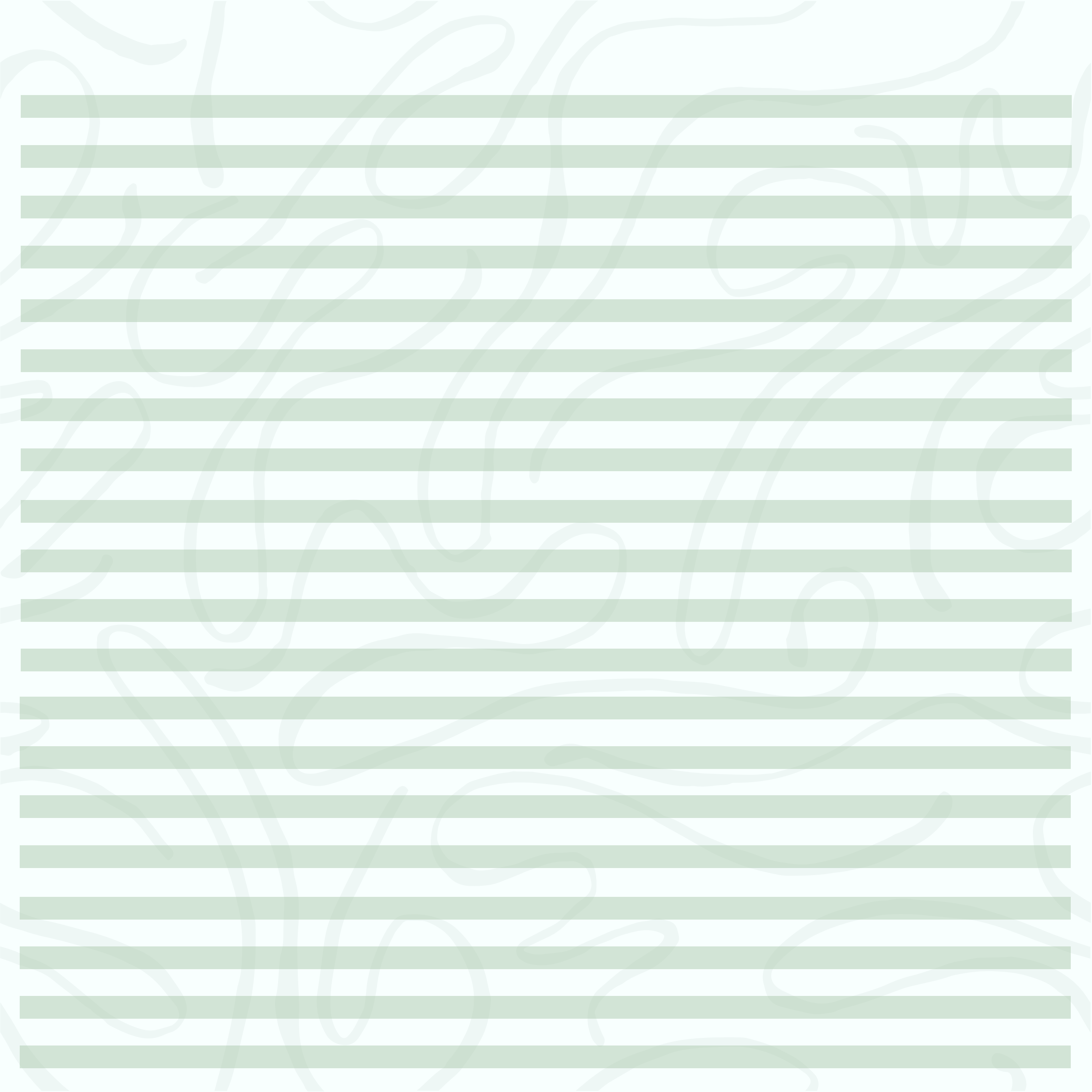


# ***Journal 7***

**WHAT IS THE TITLE OF YOUR NEXT "CHAPTER"?**

**WRITE A SYNOPSIS OF THE NEXT CHAPTER OF YOUR LIFE.**

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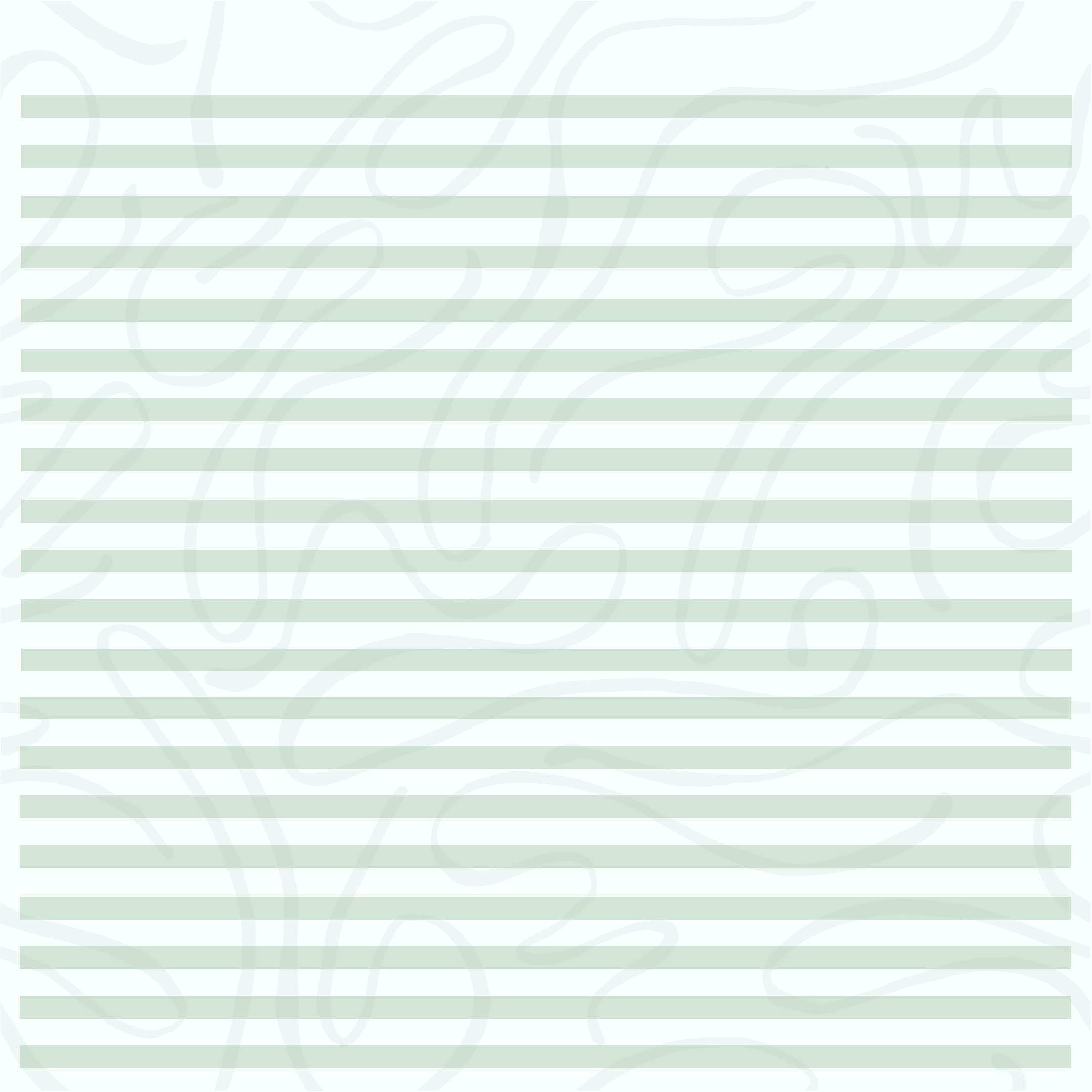


# **Journal 8**

**THINK OF THE LAST TIME YOU USED THE WORD "SHOULD",  
WHO TOLD YOU THAT YOU "SHOULD" & WHY DID YOU BELIEVE THEM?**

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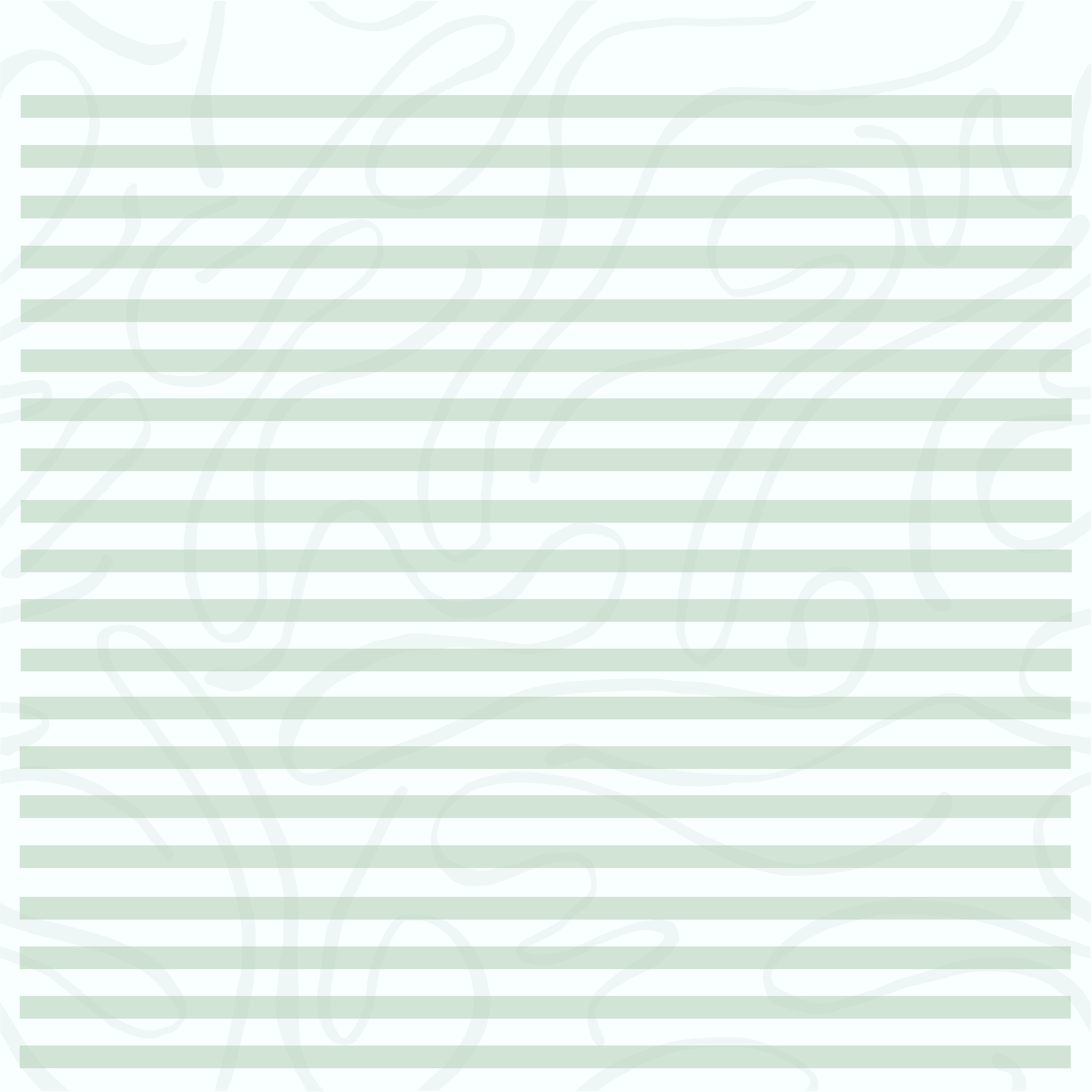


# ***Journal 9***

**WHAT PARTS OF YOU ARE THERE?**

**THIS CAN BE ABOUT IDENTITY, ROLES, OR ANYTHING YOU WANT.**

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# **Journal 10**

**WHAT TYPE OF "LENS" DO YOU VIEW THE WORLD THROUGH?**

**WHAT TYPE OF "GLASSES" ARE YOU WEARING? DO YOU HAVE MANY?**

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# ***Journal 11***

**GO BACK TO JOURNAL 4, PICK AN EARLY CHILDHOOD MEMORY.  
HOW DID THIS EVENT IMPACT WHO YOU ARE TODAY?**

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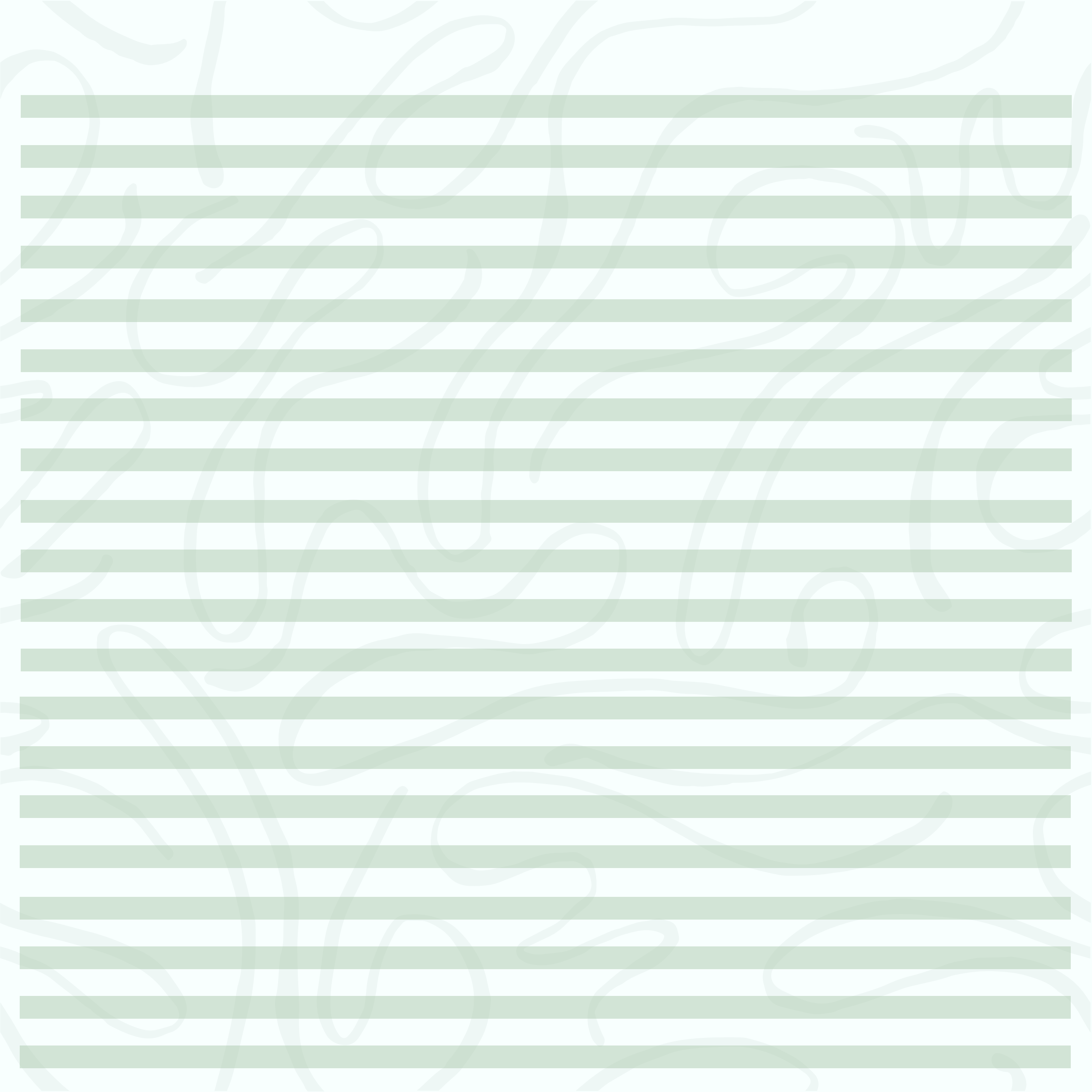


# **Journal 12**

**WHAT ARE YOUR BIGGEST "FLAWS",?  
(OR AS WE WILL CALL THEM, "GROWTH EDGES")  
HOW DO YOU FEEL ABOUT NOTICING THIS?**

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# ***Journal 13***

**GO TO THE BACK OF THIS BOOK AND FIND THE FEELING WHEEL.  
WHAT ARE THE EMOTIONS YOU EXPERIENCE THE MOST & LEAST OF?**

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# ***Journal 14***

**GO TO THE BACK OF THIS BOOK AND FIND THE FEELING WHEEL.  
HOW ARE YOU FEELING RIGHT NOW**

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# ***Journal 15***

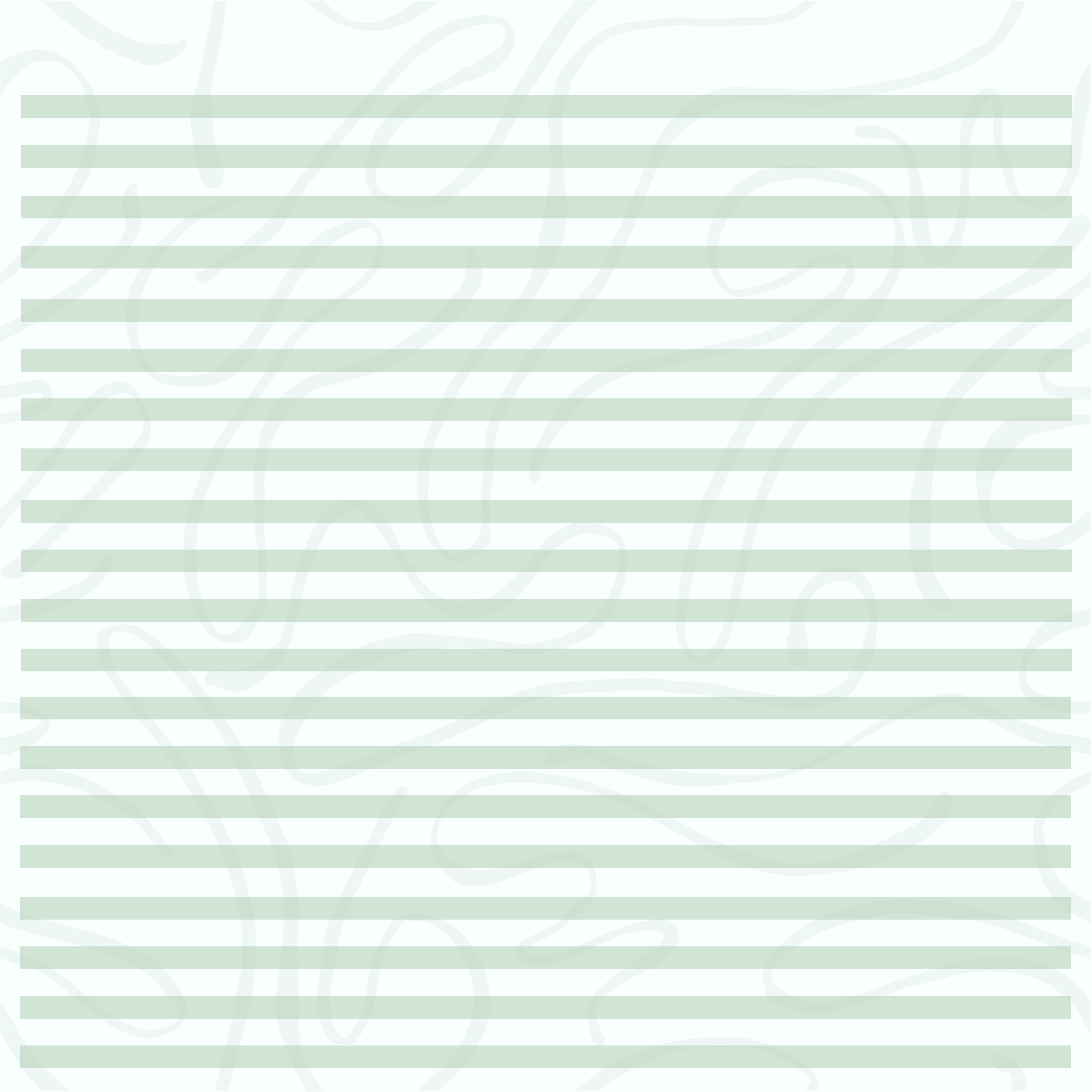
**IF YOU ARE IN A ROMANTIC RELATIONSHIP OR EVER HAVE BEEN,  
WHAT ARE/WERE THE RECURRING ARGUMENTS?  
HOW DID THE ARGUMENTS END?**

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# ***Journal 17***

**GO TO THE BACK OF THE BOOK & FIND THE POEM TITLED,  
"DEATH IS NOTHING AT ALL" BY SCOTT HOLLAND  
WRITE DOWN YOUR THOUGHTS & FEELINGS ABOUT THIS POEM.**

A series of 18 horizontal green lines, evenly spaced, providing a writing area for the journal entry. The lines are a medium green color and span the width of the page.



# **Journal 18**

**WHAT DOES IT MEAN TO YOU TO BE SUCCESSFUL?  
HOW WILL YOU KNOW WHEN YOU ARE SUCCESSFUL?**

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# ***Journal 19***

**PICK A JOURNAL YOU HAVE WRITTEN ALREADY.  
REFLECT ON THE EXPERIENCE OF WRITING IT,  
HOW ARE YOU DIFFERENT NOW?**

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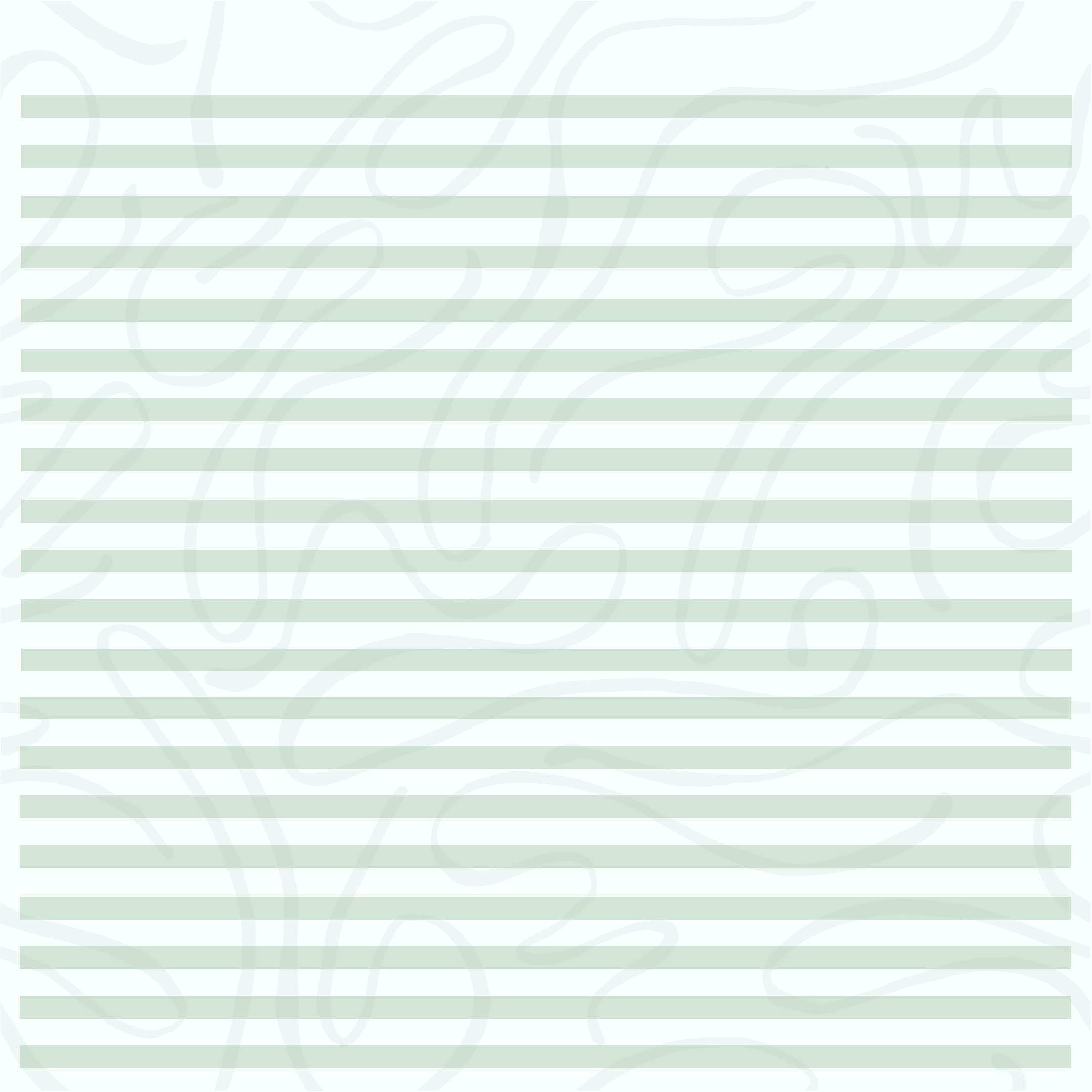
# **Journal 20**

**WHAT DO YOU DO FOR SELF-CARE?**

**MEANING, HOW DO YOU KEEP YOURSELF FROM "BURNING OUT"?**

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# ***Journal 21***

**THINK OF AN IMPORTANT EVENT IN YOUR LIFE.  
TELL THE STORY WITH AS MANY WORDS OFF OF THE FEELING WHEEL IN  
THE BACK OF THE BOOK.**

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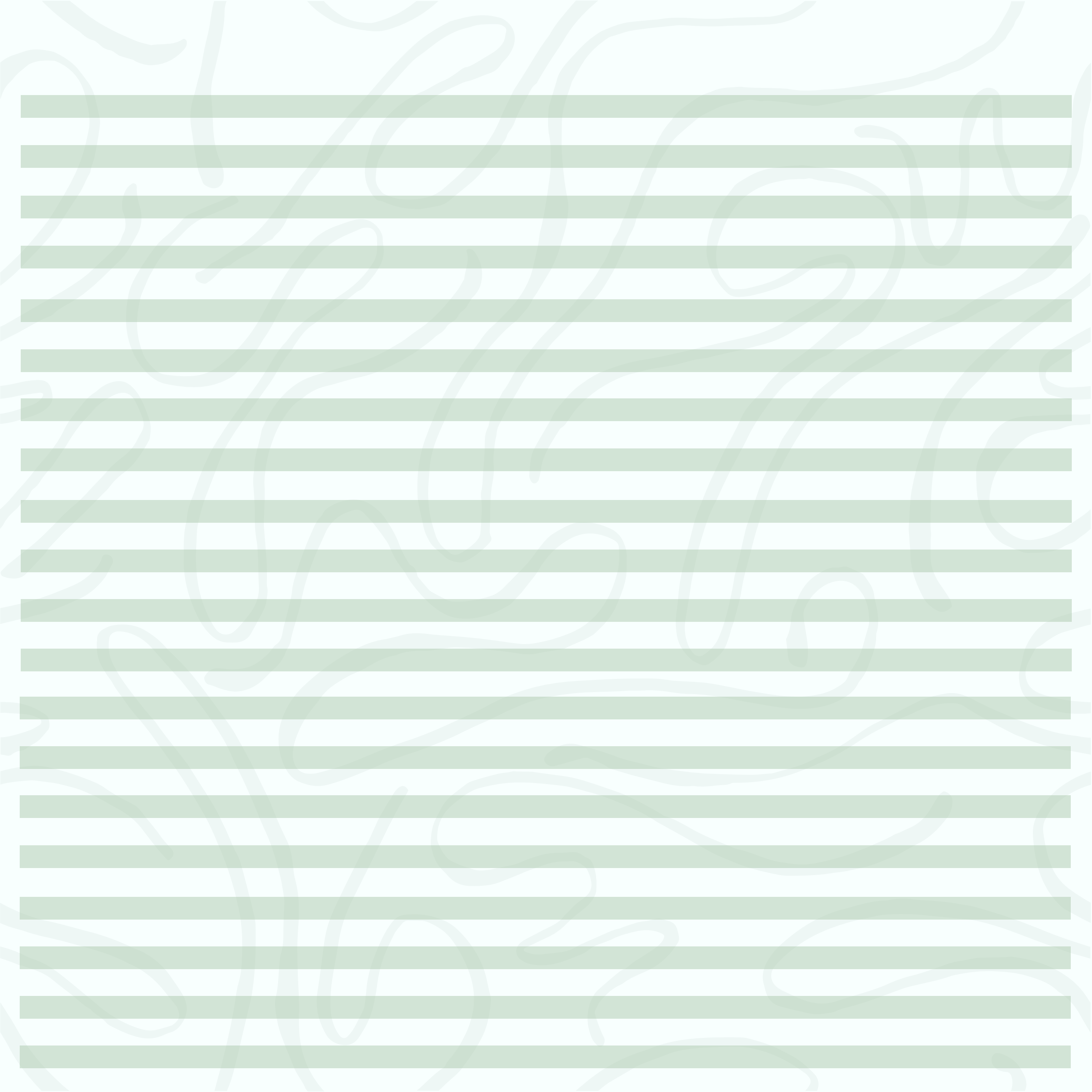
# **Journal 22**

**HAVE YOU BEEN TO A LICENSED THERAPIST BEFORE?**

**IF YOU HAVE, REFLECT ON THIS EXPERIENCE.**

**IF YOU HAVE NOT, WHAT DO YOU THINK THERAPY WILL BE LIKE?**

A series of 18 horizontal green lines, evenly spaced, providing a writing area for the journal entry. The lines are a medium green color and span the width of the page.



# ***Journal 23***

**READ THROUGH ALL 23 OF YOUR JOURNALS.  
WHAT HAVE YOU LEARNED IN THE PROCESS?  
WHAT DO YOU STILL WANT TO WORK ON?**

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# ***Journal 24***

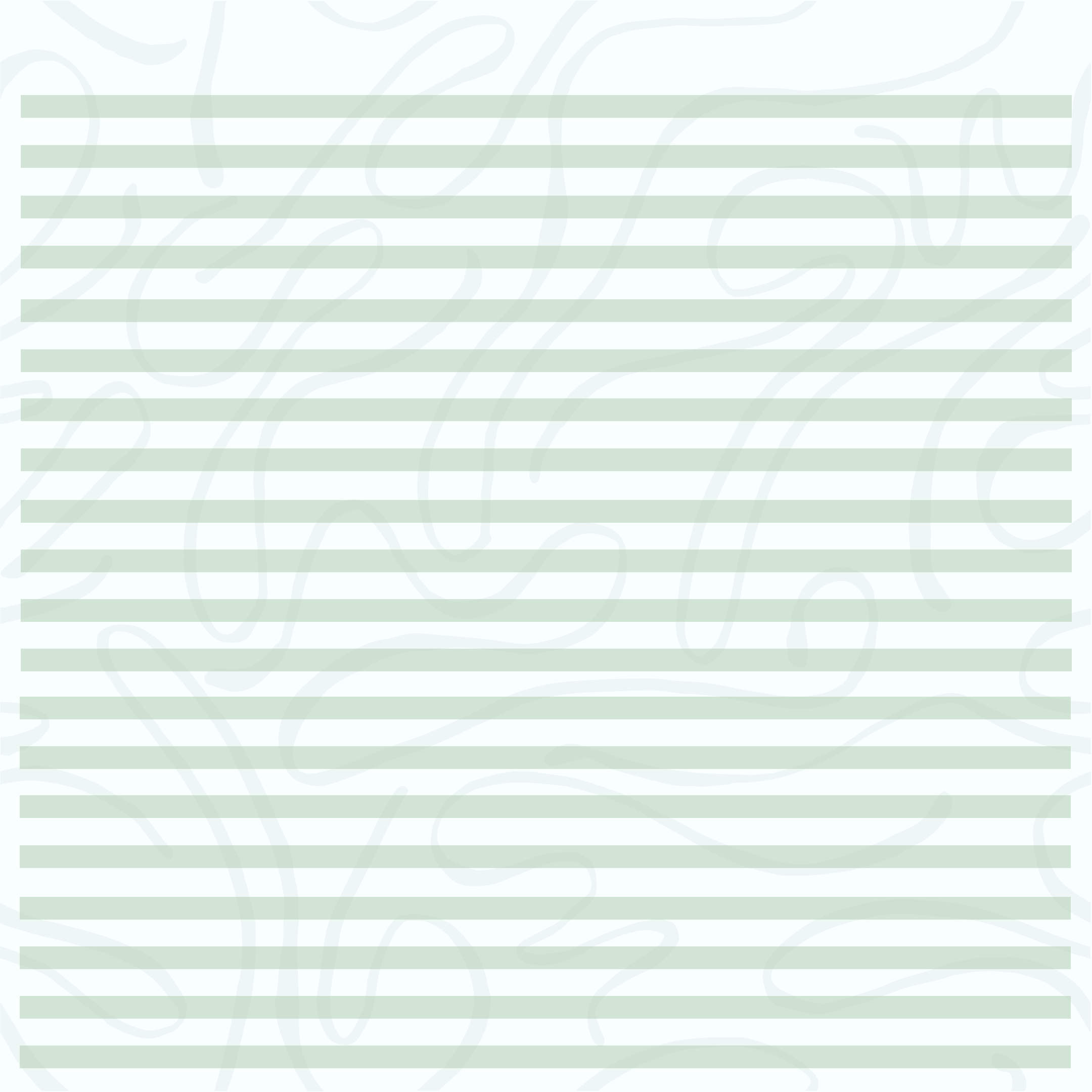
**WHO HAVE YOU BEEN IN THE PAST.**

**WHO ARE YOU IN THIS MOMENT.**

**WHO WILL YOU BE IN THE FUTURE.**

A series of 18 horizontal green lines, evenly spaced, providing a writing area for the journal entry. The lines are a medium green color and span the width of the page.





# ***Extra Pages & Notes***

**ANY EXTRA THOUGHTS & FEELINGS GO HERE**

A series of 18 horizontal green lines, evenly spaced, providing a writing area for notes and thoughts. The lines are a medium green color and span the width of the page.





# **Gottman Repair Checklist page 1**

**BY: JOHN & JULIE GOTTMAN**

## **I FEEL**

- 1. I'm getting scared.**
- 2. Please say that more gently.**
- 3. Did I do something wrong?**
- 4. That hurt my feelings.**
- 5. That felt like an insult.**
- 6. I'm feeling sad.**
- 7. I feel blamed. Can you rephrase that?**
- 8. I'm feeling unappreciated.**
- 9. I feel defensive. Can you rephrase that?**
- 10. Please don't lecture me.**
- 11. I don't feel like you understand me right now.**
- 12. Sounds like it's all my fault.**
- 13. I feel criticized. Can you rephrase that?**
- 14. I'm getting worried.**
- 15. Please don't withdraw**

## **SORRY**

- 1. My reactions were too extreme. Sorry.**
- 2. I really blew that one.**
- 3. Let me try again.**
- 4. I want to be gentler to you right now and I don't know how.**
- 5. Tell me what you hear me saying.**
- 6. I can see my part in all this.**
- 7. How can I make things better?**
- 8. Let's try that one over again.**
- 9. What you are saying is...**
- 10. Let me start again in a softer way.**
- 11. I'm sorry. Please forgive me.**

## **GET TO YES**

- 1. You're starting to convince me.**
- 2. I agree with part of what you're saying.**
- 3. Let's compromise here.**
- 4. Let's find our common ground.**
- 5. I never thought of things that way.**
- 6. This problem is not very serious in the big picture.**
- 7. I think your point of view makes sense.**
- 8. Let's agree to include both our views in a solution.**
- 9. What are your concerns?**

# **Gottman Repair Checklist page 2**

**BY: JOHN & JULIE GOTTMAN**

## **I NEED TO CALM DOWN**

- 1. Can you make things safer for me?**
- 2. I need things to be calmer right now.**
- 3. I need your support right now.**
- 4. Just listen to me right now and try to understand.**
- 5. Tell me you love me.**
- 6. Can I have a kiss?**
- 7. Can I take that back?**
- 8. Please be gentler with me.**
- 9. Please help me calm down.**
- 10. Please be quiet and listen to me.**
- 11. This is important to me. Please listen.**
- 12. I need to finish what I was saying.**
- 13. I am starting to feel flooded.**
- 14. Can we take a break?**
- 15. Can we talk about something else for a while?**

## **STOP ACTION**

- 1. I might be wrong here.**
- 2. Please let's stop for a while.**
- 3. Let's take a break.**
- 4. Give me a moment. I'll be back.**
- 5. I'm feeling flooded.**
- 6. Please stop.**
- 7. Let's agree to disagree here.**
- 8. Let's start all over again.**
- 9. Hang in there. Don't withdraw.**
- 10. I want to change the topic.**
- 11. We are getting off track.**

## **I APPRECIATE**

- 1. I know this isn't your fault.**
- 2. My part of this problem is...**
- 3. I see your point.**
- 4. Thank you for...**
- 5. That's a good point.**
- 6. We are both saying...**
- 7. I understand.**
- 8. I love you.**
- 9. I am thankful for...**
- 10. One thing I admire about you is...**
- 11. I see what you're talking about.**
- 12. This is not your problem, it's OUR problem.**



# Death Is Nothing At All

BY SCOTT HOLLAND



## Death Is Nothing At All

by Henry Scott-Holland



*Death is nothing at all.  
It does not count.  
I have only slipped away into the next room.  
Nothing has happened.  
Everything remains exactly as it was.*

*I am I, and you are you, and the old life that we lived  
so fondly together is untouched, unchanged.*

*Whatever we were to each other, that we are still.  
Call me by the old familiar name.  
Speak of me in the easy way which you always used.  
Put no difference into your tone.  
Wear no forced air of solemnity or sorrow.  
Laugh as we always laughed at the little jokes that  
we enjoyed together.  
Play, smile, think of me, pray for me.  
Let my name be ever the household word that it  
always was.  
Let it be spoken without an effort, without the  
ghost of a shadow upon it.*

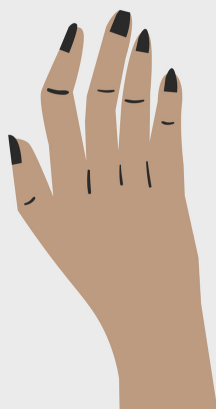


*Life means all that it ever meant.  
It is the same as it ever was.  
There is absolute and unbroken continuity.  
What is this death but a negligible accident?*

*Why should I be out of mind because I am out of sight?  
I am but waiting for you, for an interval, somewhere  
very near, just round the corner.*

*All is well. Nothing is hurt; nothing is lost.  
One brief moment and all will be as it was before.*

*How we shall laugh at the trouble of parting  
when we meet again!*



## REFERENCES

**Brittle, Z. (2018, October 26). R is for repair. Retrieved April 18, 2021, from <https://www.gottman.com/blog/r-is-for-repair/>**

**Cherished Prints. (2015, September 02). Death is nothing at all. Retrieved April 18, 2021, from <https://www.cherished-prints.com/2015/01/30/death-is-nothing-at-all/>**

**Willcox, G. (1982). The Feeling Wheel: A Tool for Expanding Awareness of Emotions and Increasing Spontaneity and Intimacy. *Transactional Analysis Journal*, 12(4), 274–276. <https://doi.org/10.1177/036215378201200411>**