



Emotion-Focused Workbook: A Guide to Compassionate Self-Reflection

Bridget Quebodeaux

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This workbook was developed in response to requests by clients for guidance in processing upsetting events that occur between therapy sessions. The questions in the journal section are meant to guide you in examining your internal experience during or while reflecting on challenging or unsettling life events. Often times, reflection on something painful leads to more pain in the form of judgment (of self or others), rumination (re-playing the event over and over), avoidance (pretending the circumstance never occurred) and/or repressing or impulsively acting on feelings in ways that hurt the self and relationships. What if troubling life events could be transformed into an opportunity for the creation of a relationship with self and others that is reflective, respectful, non-judgmental and compassionate and deeply valuing of freedom in the experiencing of healthy emotion? In this workbook, you will be given tools for differentiating between the kind of reflection that supports relationship (with self and others) and the kind of reflection that leads to the various symptoms that often bring people into therapy: anxiety, depression, lack of motivation, relationship difficulties etc.

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