

*EMOTIONAL  
HEALING*

*Tracker*



# The Emotional Healing Tracker

This tracker is designed to help you observe and process your emotions as you move through your healing journey. By regularly tracking your feelings, triggers, and responses, you can gain deeper self-awareness and create space for healing.

## Emotional Healing Tracking Prompts

1. What emotion am I feeling right now?
2. What triggered this emotion?
3. How does this emotion feel in my body?
4. Have I felt this emotion before? If so, when?
5. What thoughts are connected to this emotion?
6. What do I need in this moment to support myself?
7. How can I reframe or shift my perspective?
8. What small action can I take to nurture my healing?
9. What lesson might this emotion be teaching me?
10. How do I want to feel moving forward?

## Final Thoughts

Healing is a journey, and every emotion holds wisdom. By tracking and processing your feelings, you allow yourself to heal, grow, and move forward with more clarity and peace. Be gentle with yourself-you are doing deep, important work.