

# Mapping Your Emotional Terrain

## 10 Journaling Prompts

Recall a recent moment of uncertainty. What emotions surfaced?

Describe how your body reacts to stress. Where do you feel tension?

Identify thoughts that arise during uncertain times. Are there recurring patterns?

Reflect on past experiences with change. How did you cope?

Consider your support systems. Who or what helps you during uncertainty?

Explore your beliefs about control. How do they influence your reactions?

Visualize a place where you feel safe. What elements contribute to that feeling?

Assess your coping mechanisms. Which are constructive, and which might be hindering?

Think on the role of acceptance. How does embracing uncertainty change your perspective?

Set an intention. What is one way you can approach uncertainty differently moving forward?