

# Script Journaling

An exercise intended to be a conversation between who you are today and the troubling experiences, emotions, or thoughts you are encountering.

**Romans 12:1-3** Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. <sup>2</sup> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. **Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.**

<sup>3</sup> For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather **think of yourself with sober judgment**, in accordance with the faith God has distributed to each of you.

A Self-Hatred TEST:

- It irritates me when people bring up past traumatic situations.
- I would love to understand these traumatic experiences, but I feel like I can’t face them.
- I want those past traumatic experiences to disappear as if they never happened.
- Sometimes I think I hear from these encounters, but I worry it’s just my own ideas or my imagination playing tricks on me or that I made it all up.
- I hate looking in the mirror.
- I doubt every decision I make.
- I believe people will always reject me.
- I never want anything bad to happen again in my life.

The greater the self-hatred the harder it will be to journal with yourself...

You will have two pens/pencils and a pad of lined paper...

**1 color** will be your thoughts and ideas. You will use this color every time you engage in script journaling to represent yourself.

**1 color** will be a color that best represents the traumatic experience, emotion, or thought, for instance, red for anger, green for envy, or blue for sadness.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Me: Hi (Enter emotion, thought, traumatic event). You are an important aspect of me and I would like to know you better. If there was one thing you wanted me to know about you, what would that be?

Traumatic Event, thought, feeling: Using the second color of ink that represents the experience begin to write out the one thing that comes to mind. There is no particular response that is expected. Just start writing. Maybe the emotion is angry and reluctant to speak with you, if so just write it out. "I don't want to speak with you! You don't care about me! You never listen to me!

Me: When the emotion, thought, or traumatic experience is done communicating, put that pen/pencil down and pick back up the color that represents you. Now begin to reflect back what the experience just communicated to you. This response might look something like this: "So I can see that you are angry at me and don't want to talk to me because it seems I do not care about you. You are also fearful that I will not listen to you." Is this accurate and is there more?

Traumatic Event, thought, feeling: Yes you are accurate. I did not expect you to pay attention to me. I want to trust you care but I'm not certain you will. How do I trust you when you have ignored me for so long.

Keep the dialogue going as long as the Traumatic event, thought or feeling has more to write. Eventually, the experience will exhaust itself and you can stop writing things down. Don't stop until this happens.

The point of this exercise:

- To improve the relationship you have with yourself.
- Slows down the process that is naturally occurring in our mind so you can observe what is happening.

- To increase awareness of how the past traumatic experiences have affected you.
- To discover themes present in the traumatic experiences.
- To shift the negative dialogue that usually occurs by responding in a kind and compassionate manner to yourself.
- A means of building a bridge between the past and your present.

Later in you can incorporate the concept of your “whole person” or God into the dialogue. When you do this, select a third color that best represents your “whole person” or God. Have the normal you, the me in the dialogue, as the traumatic experience if it would be okay to introduce them to someone who is very important to you. Only introduce this third person to the dialogue if there is no resistance. Should there be resistance, just continue the conversation with them about what is unsettling with meeting this third person.

When there is no resistance, just introduce them to your “whole person” and all the wonderful things he/she has achieved in life. The purpose of introducing them to this aspect of yourself and all the good you have achieved in life is to connect the trauma with all the positive experiences in life, as the two do not connect. This can be exceedingly powerful when an introduction is made to God and how He sees you.