

# Shattered Dreams

## Journalling Exercise (Elina Kivinukk, 2023)

The worksheet offers promptings for journalling based on the theory of Ted Bowman.

### What is possible for me?

- I find inspiration for coping from ...
- I tell myself a new story
- Looking back at my experience, I see ...

03

### What remains?

- I am doing okay, when I ...
- I feel loved, when I ...
- Sometimes I tend to “compensate” my loss ...

02

### What is lost?

- My loss feels like ...
- My loss is hidden, so ...
- I blame something/someone for ...

01

