

Empowerment Journal

The purpose of this practice is to increase self-awareness, a critical aspect of accompaniment work. Answer the questions based on the past 3-5 days.

1. **SELF-CONNECTION** — How many days did you meditate or engaged in a self-connection practice for 15 minutes or longer in the past five days? What helped you engage in the practice? What got in the way?
2. **TRIGGERS** — What interactions left you feeling angry, depressed, guilty, ashamed, afraid, and/or anxious? What exchanges stimulated defensiveness, envy, or competitiveness? Does this relate to past trauma? What are the underlying needs that gave rise to any of these emotions?
3. **SELF-APPRECIATION** — What actions of yours met your need for contribution to yourself, others or the planet? What needs did these actions meet?
4. **SELF-JUDGMENT** — Were there situations in which you were critical of yourself? What are your unmet needs in these situations?
5. **HEART-CLOSING MOMENTS** — Were there words from someone that stimulated tension, defensiveness or rejection in you? Does this relate to past trauma? What are your unmet needs in these situations?
6. **INSIGHTS** — Were there interactions that helped you gain insight into your psychology and personality? Things you celebrate or mourn.
7. **LIFE-ALIENATING SYSTEMS** — Were there interactions in which you recognized the impact of a domination system on your well-being?
8. **REGRET** — Were there times when expressed a needs-based lament for an action of yours? If not, do you wish you had? What kept you from doing so?
9. **GLIMMERS** — Were there times in which you noticed genuineness and vulnerability in the way you related to someone? Were there interactions or situations that moved you and met your need for inspiration, care, compassion, gratitude or love?