

Inclusive Mental Wellness LLC

Therapy Companion Journal

A guided space for reflection, grounding, and emotional awareness

inclusivemwaz.com

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This digital journal was created by Inclusive Mental Wellness LLC as a companion tool for therapy, reflection, grounding, and emotional awareness.

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Website: https://inclusivemwaz.com

Created for clients of Vickey Simmons-Hart, LPC-S, NCC, MAED, MSCMHC.

Use this journal gently. Take what helps and leave what does not.



A Welcome Note From Your Therapist

Welcome. I am so glad you are here.

My name is Vickey Simmons-Hart, LPC-S, NCC, MAED, MSCMHC, and if you are holding this journal, there is a good chance I have the honor of being your therapist.

I created this journal as a companion to our work together. Therapy does not only happen during the scheduled hour we share. Sometimes insight shows up in the car, in the shower, at 2:00 a.m., after a hard conversation, or in that quiet moment when your body finally says, “Hey, can we pay attention now?”

Everyone journals differently. Some people write full pages. Some people make lists. Some people circle one word, jot down a sentence, or simply notice their mood for the day. All of that counts. This is not homework you can fail. This is a space for curiosity, reflection, honesty, and care.

As we begin this journey together, I want you to have a place to slow down and notice what is happening inside of you. You may use these pages to track your mood, name your feelings, reflect on patterns, prepare for sessions, process what comes up after therapy, or capture something you do not want to forget.

You do not have to use this journal perfectly. You do not have to fill in every line. You do not have to make your thoughts sound polished, organized, or “therapy appropriate.” Bring your real self here.

Some days this journal may help you feel grounded. Other days it may bring up emotions that feel tender, confusing, or intense. If that happens, pause. Take a breath. Use one of the grounding exercises. Then bring what you noticed into session so we can explore it together.

My hope is that this journal becomes a supportive tool as you build more awareness, compassion, and connection with yourself.

Thank you for allowing me to walk alongside you in this part of your healing.

With care,

Vickey Simmons-Hart, LPC-S, NCC, MAED, MSCMHC

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How to Use This Journal

This journal is a space for you - to reflect, release, and reconnect with yourself. Use it in the way that feels most supportive for you.

1. Use this journal before or after therapy sessions, or anytime you need to pause and check in with yourself.
2. Start small. A few words is enough.
3. Use the daily check-ins to notice your mood, thoughts, body sensations, and needs.
4. Try a grounding or breathing exercise when you feel overwhelmed, activated, numb, or disconnected.
5. Use the feelings wheel when you know you feel something but need help naming it more clearly.
6. Bring insights, questions, or patterns from these pages into therapy.
7. Be honest, gentle, and curious with yourself. This is a judgment-free space.

My intention for this journal:

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Grounding Exercise: 5-4-3-2-1

Use this exercise when you feel anxious, overwhelmed, disconnected, or stuck in your thoughts. Move slowly and notice each step.

1. Pause and take one slow breath.
2. Name 5 things you can see.
3. Name 4 things you can feel or touch.
4. Name 3 things you can hear.
5. Name 2 things you can smell.
6. Name 1 thing you can taste, or one thing you appreciate in this moment.
7. Take one more slow breath and notice what feels different now.

What do I notice now?

My distress level before and after: Before _____ / After _____

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Grounding Exercise: Body Scan

Use this exercise to reconnect with your body and gently notice what is happening inside without judgment.

1. Sit or lie down in a comfortable position.
2. Place your feet on the floor or notice where your body is supported.
3. Bring your attention to your feet. Notice any sensation: warmth, coolness, pressure, tingling, or numbness.
4. Slowly move your attention upward to your legs, hips, stomach, chest, shoulders, arms, hands, neck, and face.
5. You do not need to change anything. Just notice.
6. If you find tension, breathe out slowly and imagine softening that area.
7. When you finish, place a hand on your chest or stomach and ask, “What does my body need right now?”

What did I notice in my body?

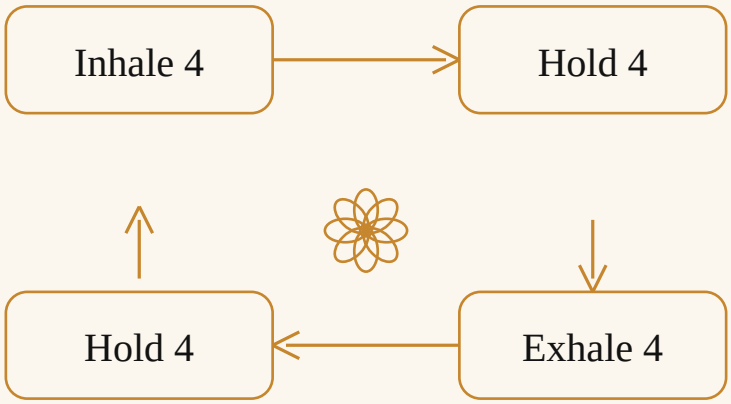
What might my body need right now?

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Breathwork: Box Breathing

Box breathing can help slow your nervous system and create a sense of steadiness.



1. Sit comfortably and relax your shoulders.
2. Inhale through your nose for 4 counts.
3. Hold your breath for 4 counts.
4. Exhale slowly for 4 counts.
5. Hold again for 4 counts.
6. Repeat for 4 rounds, or longer if it feels helpful.

How do I feel before this exercise?

How do I feel after this exercise?

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Breathwork: 4-7-8 Breathing

This breathing pattern can help with slowing down, settling your body, and creating a sense of calm.

1. Sit comfortably and place the tip of your tongue gently behind your top front teeth.
2. Exhale fully through your mouth.
3. Inhale quietly through your nose for 4 counts.
4. Hold your breath for 7 counts.
5. Exhale slowly through your mouth for 8 counts.
6. Repeat for up to 4 rounds, especially when you want to wind down or reset.

What do I notice in my body now?

When might this exercise help me most?

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Feelings Wheel



Start in the center with a core feeling, then use the word guide to name the feeling more clearly.

Joy

Happy, Playful, Proud, Content, Hopeful, Excited, Grateful

Sadness

Lonely, Hurt, Disappointed, Hopeless, Grief, Down, Distant

Anger

Irritated, Frustrated, Resentful, Furious, Bitter, Annoyed, Outraged

Fear

Anxious, Insecure, Helpless, Worried, Panicked, Scared, Uneasy

Disgust

Uncomfortable, Disapproving, Repelled, Judgmental, Contemptuous, Appalled

Surprise

Startled, Confused, Amazed, Curious, Shocked, Speechless

Shame

Embarrassed, Guilty, Inadequate, Exposed, Regretful, Ashamed

Love

Affectionate, Connected, Valued, Trusting, Intimate, Caring

Calm

Peaceful, Grounded, Relaxed, Safe, Centered, Steady

There is no perfect word. Choose the closest one and bring curiosity to what shows up.

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What I Want to Bring to Therapy

Session Date: _____

What feels most important to talk about right now?

What happened since my last session?

A pattern, trigger, or body sensation I noticed:

Something I want help understanding:

A win, insight, or moment of progress:

Questions or topics I do not want to forget:

Notes

Continue journaling on the next two college-ruled pages.

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After-Session Reflection

Use this page after therapy to capture what you want to remember, practice, or bring back next time.

Something that stood out from today's session:

A feeling, body sensation, or thought I am still noticing:

One thing I want to practice between sessions:

A question I want to return to:

What support do I need this week?

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Triggers & Glimmers Tracker

Notice what activates you and what helps your nervous system feel safer, steadier, or more connected.

Triggers

What happened?

What did I feel?

What did my body do?

What helped?

Glimmers

What happened?

What did I feel?

What did my body do?

What helped?

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My Needs Right Now

Needs are not too much. They are information. Use this page to name what support might look like today.

Emotionally, I may need:

Physically, I may need:

Relationally, I may need:

Practically, I may need:

One small next step I can take:

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Pattern Noticing Page

Patterns are not proof that something is wrong with you. They are clues about what your system has learned to do.

The pattern I am noticing:

When it tends to show up:

What this pattern may be trying to protect:

What I want to try differently:

What I want to bring into therapy:

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One-Month Journal Section

This section includes 30 daily check-ins. Each daily check-in is followed by two college-ruled pages for free writing, processing, and anything you want to remember or bring into therapy.

You can complete one daily set each day, skip days as needed, or return to a page when it feels useful.

When you finish this journal, you can save a clean copy of the digital download and begin again. Healing is not linear, and reflection does not have to be perfect to be meaningful.

Start where you are. One honest sentence counts.

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Daily Check-In

Day 1

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Date: _____ Day: 1

Daily Journal

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Date: _____ Day: 1

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Daily Check-In

Day 2

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Daily Journal

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Daily Check-In

Day 3

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Date: _____ Day: 3

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Daily Check-In

Day 4

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Daily Check-In

Day 5

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

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Daily Check-In

Day 6

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

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Daily Check-In

Day 7

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Date: _____ Day: 7

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Weekly Reflection: Week 1

Week of: _____

Overall mood this week (1-10): 1 2 3 4 5 6 7 8 9 10

What felt supportive this week?

What felt hard this week?

What patterns did I notice?

What did I learn about myself?

What do I want to bring into my next therapy session?

One thing I want to carry into next week:

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Daily Check-In

Day 8

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Daily Check-In

Day 9

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Daily Check-In

Day 10

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Daily Check-In

Day 11

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Daily Check-In

Day 12

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

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Daily Check-In

Day 13

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

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Daily Check-In

Day 14

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Date: _____ Day: 14

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Weekly Reflection: Week 2

Week of: _____

Overall mood this week (1-10): 1 2 3 4 5 6 7 8 9 10

What felt supportive this week?

What felt hard this week?

What patterns did I notice?

What did I learn about myself?

What do I want to bring into my next therapy session?

One thing I want to carry into next week:

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Daily Check-In

Day 15

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

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Date: _____ Day: 15

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Daily Check-In

Day 16

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

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Daily Check-In

Day 17

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

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Daily Check-In

Day 18

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

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Daily Check-In

Day 19

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Daily Check-In

Day 20

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Daily Check-In

Day 21

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

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Date: _____ Day: 21

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Weekly Reflection: Week 3

Week of: _____

Overall mood this week (1-10): 1 2 3 4 5 6 7 8 9 10

What felt supportive this week?

What felt hard this week?

What patterns did I notice?

What did I learn about myself?

What do I want to bring into my next therapy session?

One thing I want to carry into next week:

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Daily Check-In

Day 22

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

Continue journaling on the next two college-ruled pages.

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Date: _____ Day: 22

Daily Journal

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Date: _____ Day: 22

Daily Journal

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Daily Check-In

Day 23

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Date: _____ Day: 23

Daily Journal

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Date: _____ Day: 23

Daily Journal

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Daily Check-In

Day 24

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Date: _____ Day: 24

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Date: _____ Day: 24

Daily Journal

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Daily Check-In

Day 25

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Date: _____ Day: 25

Daily Journal

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Date: _____ Day: 25

Daily Journal

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Daily Check-In

Day 26

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Date: _____ Day: 26

Daily Journal

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Date: _____ Day: 26

Daily Journal

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Daily Check-In

Day 27

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Date: _____ Day: 27

Daily Journal

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Date: _____ Day: 27

Daily Journal

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Daily Check-In

Day 28

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Date: _____ Day: 28

Daily Journal

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Date: _____ Day: 28

Daily Journal

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Daily Check-In

Day 29

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

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Date: _____ Day: 29

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Date: _____ Day: 29

Daily Journal

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Daily Check-In

Day 30

Date: _____ Time: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

How am I feeling right now?

What is on my mind today?

What is happening in my body?

What do I need right now?

One thing I want to remember today:

Notes

Continue journaling on the next two college-ruled pages.

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Date: _____ Day: 30

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Date: _____ Day: 30

Daily Journal

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Weekly Reflection: Week 4

Week of: _____

Overall mood this week (1-10): 1 2 3 4 5 6 7 8 9 10

What felt supportive this week?

What felt hard this week?

What patterns did I notice?

What did I learn about myself?

What do I want to bring into my next therapy session?

One thing I want to carry into next week:

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Closing Reflection

When you reach the end of this journal, pause and notice what changed, what stayed the same, and what you want to keep tending to.

Something I learned about myself this month:

A pattern I understand more clearly now:

A grounding or coping tool that helped me:

Something I want to keep practicing:

Something I want to bring into therapy next:

A kind note to myself:

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