

Personal Reflection Exercises...

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I let go of stress and share my emotions every day because I am worth it. I allow myself to feel released from my concerns so I can live a fulfilling life.

I have self-value and I know that I am an important person. I show that I value myself when I allow myself to let go of bottled up stress in positive outlets.

I let go of the bottled stress with exercise, meditation, and other relaxation methods.

I stay ahead of the curve when I can keep stress from building up in the first place. ***I am able to avoid stress build-up by sharing my inner troubles, concerns, and feelings.***

Being open to others may be scary in the beginning, but it is always worth it. I enjoy being able to vent my frustrations to my friends and my family. I enjoy releasing my honest feelings and fears with them.

I deserve to be able to release the stress that has bottled up inside me.

Today I will find a positive way to release the bottled up stress that I have allowed in my life. I will also avoid adding to my stress by sharing my fears, frustrations, feelings, and concerns with someone I trust.

Self-Reflection Questions:

1. Have I allowed stress to bottle up inside of me?
2. What methods do I use to release bottled up stress?
3. Who do I trust to share my concerns and feelings with?