



AUTHENTIC ARMOUR
philosophy + lifestyle

JOURNAL PROMPT:
SUPPRESSING YOUR EMOTIONS TO AVOID
CONFLICT

WELCOME TO THE WORLD OF JOURNALING

It's a powerful tool for self-reflection, exploration, and personal growth. If you're new to journaling, you might be wondering where to start or how to get the most out of this practice. Journaling offers a safe space to express your thoughts, feelings, and experiences, allowing you to gain insights into yourself and your life. Whether you're seeking clarity, healing, or simply a creative outlet, journaling can be a valuable companion on your journey.

Before diving into journaling, it's important to recognize that this practice is deeply personal and can bring up unexpected emotions or memories. While journaling can be therapeutic, it's not a substitute for professional help or therapy if you're dealing with significant emotional distress or mental health issues. If at any point you find yourself feeling overwhelmed or in need of additional support, don't hesitate to reach out to a trusted friend, family member, or mental health professional. Remember to practise self-care and listen to your intuition as you explore the world of journaling.



HOW TO USE JOURNAL PROMPTS:

SET THE MOOD: Create a peaceful and comfortable environment for journaling. Light a candle, play calming music, or find a cozy spot where you feel relaxed and focused.

CHOOSE YOUR PROMPTS: Select journal prompts that align with your interests, goals, or areas of focus. You can find prompts online, in books, or create your own based on what you want to explore.

SET ASIDE TIME: Schedule regular time for journaling in your day or week. Whether it's in the morning, during your lunch break, or before bed, consistency is key to building a journaling habit.

REFLECT AND WRITE: Read the journal prompt carefully and take a moment to reflect on it. Then, start writing freely, without worrying about grammar or punctuation. Let your thoughts flow and explore the prompt in whatever way feels natural to you.

DIG DEEPER: Use the journal prompt as a starting point for deeper reflection. Ask yourself follow-up questions or explore related themes that arise during your writing.

REVIEW AND REFLECT: After journaling, take some time to review what you've written and reflect on your insights. Notice any patterns or themes that emerge and consider how they relate to your life or goals.



JOURNAL PROMPT:

SUPPRESSING YOUR EMOTIONS TO AVOID CONFLICT

Reflect on a recent situation where you found yourself suppressing your emotions to avoid conflict. Describe the circumstances, including who was involved and how you felt at the time.

Explore the underlying emotions that you were suppressing in that situation. What were you feeling, and why did you choose to suppress those emotions?

Consider any past experiences or beliefs that may contribute to your tendency to avoid conflict by suppressing emotions. How have these experiences shaped your approach to handling conflicts?

Reflect on the potential consequences of suppressing your emotions in the long run. How does it impact your mental and emotional well-being? Are there any physical symptoms or signs of stress associated with this pattern?

Identify any recurring patterns or triggers that tend to lead you to suppress your emotions in conflict situations. What patterns do you notice, and when do they typically arise?



Explore alternative ways of expressing your emotions constructively in conflict situations. What strategies or techniques could you use to communicate your feelings more effectively while still respecting the other person?

Consider the role of boundaries in conflict resolution. Are there any boundaries you need to set or assert in order to feel safe and respected when expressing your emotions?

Reflect on the potential benefits of addressing conflicts openly and honestly, rather than suppressing your emotions. How might embracing conflict as an opportunity for growth and understanding improve your relationships and overall well-being?

Imagine a scenario where you handle a conflict assertively and authentically, without resorting to suppressing your emotions. How does it feel, and what positive outcomes do you envision?

Finally, brainstorm some self-care practices or coping mechanisms that you can turn to when you find yourself in conflict situations. How can you prioritize your own well-being while navigating conflicts in a healthy and constructive way?

These journal prompts are designed to help you explore your patterns of suppressing emotions in conflict situations, understand the underlying reasons behind this behaviour, and begin to cultivate healthier ways of managing conflicts in your life. Take your time to reflect on each

