

Future Dead Person

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Take some time to think and write
about the following prompts

I've been feeling:

I might be feeling this way because:

Right now, all I feel like doing is:

I've been dreading doing:

I usually enjoy doing:

get yourself out of an emotional rut

1

RECOGNIZE YOUR
NEGATIVE EMOTIONS

2

UNDERSTAND THAT YOUR
NEGATIVE EMOTIONS
SERVE A PURPOSE

3

ACCEPT YOUR NEGATIVE
EMOTIONS

4

TAKE CARE OF YOURSELF

5

TREAT YOURSELF!

Powered by *Future Dead Person*