What is in the venn diagram of processing, venting, and ruminating?

How do I feel about the ways I process emotions? Do I ever judge or demean myself for how I do or do not process feelings?

What are other things similar to emotional processing that I do?

More questions about regulating and unmasking on flip side of this zine. Follow directions below:

Reach out to
Thalia@cicadacounselingchicago.com
To chat more about Processing emotions
@CicadaCounselingChicago
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Www.CicadaCounselingChicago.com

In network with: aetna BlueCross BlueShield of Illinois Cigna

How do I process my emotions?

(@_@)

How do I differentiate processing, ruminating, venting, reflecting, and feeling my feelings?

(o _0) (-_-;)

therapeutic journal prompts
Zine #7

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How do I process my emotions? Why do I process my emotions that way?

How does processing my emotions benefit me? Why do I care about emotional processing?

What is in the Venn diagram of processing, reflecting, and feeling my feelings for me?

How would I like to change the way I processing process my emotions? Why? What can I do to make those changes?

How do I process my emotions?

(@_@)

How do I differentiate processing, ruminating, venting, reflecting, and feeling my feelings?

(o _0) (-_-;)

part 2

therapeutic journal prompts

Zine #7

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What gets in the way of my emotional processing? What barriers do I experience when processing my emotions?

How do I feel after I take time to process?

How much agency do I have in what and how I process?

What the relationship between capacity and processing for me?