

FAB Prayer Journaling

Dear Lord...

Feeling - What am I feeling?

Attitude - What am I reacting to?

- the situation:

- my interpretation (subjective):

- the truth (objective):

Behavior - How did I (or how am I now) respond(ing) to my interpretation of the situation? What is my typical knee jerk response?

What other options do I have? (really listen to yourself, God, what others have taught you)

What do I choose to do?

When Anxious, Irritable or Depressed, also remember the HALT acronym and tend to your needs wisely:

H - Am I Hungry? (eat something healthy)

A - Am I Agitated? (use the above FAB prayer journaling exercise)

L - Am I Lonely? (connect with God and safe other people)

T - Am I Tired? (get some rest or sleep)