



Monsters

Overview: This exercise has 5 parts.

1. List the “monsters” in your life. These are experiences that have caused fear, harm, oppression, worry, loss, or anxiety.
2. Next to each monster, briefly describe their impact on your life
3. Put a star by the monsters that have affected you the most
4. Review your journal rules. On a new page, write your observations and reflections on the exercise. Optional questions to consider: *Did thinking about any of your monsters bring up strong emotions? How do you feel and why? Were there any surprising ways you are still affected by your monsters today? What do you think about that?*
5. On a new page, write a poem about your monsters. Avoid trying to rhyme words and focus more on unfiltered and raw expression.

Tip: some people find it helpful to identify their monsters by combing through these categories: the major time periods of your life, school, jobs, family life, friends, romantic relationships, and hobbies.



Reflect on the Monsters Exercise



Poem About Your Experience With Monsters