



I'm Fine.: A Real Feelings Journal

Dianne Morris Jones

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I'm Fine. A Real Feelings Journal invites you to move past the "I'm fine" response we reflexively give to the question of how we are and instead recognize and express our authentic emotional experience. Prompts on the right side of the journal offer you an opportunity to explore specific feelings through words, and the journal's blank left side allows you to communicate your feelings through drawing, collages, doodling, or any other artistic expression. To accompany you on this important journey into inner awareness, I'm Fine offers inspiring quotes, a comprehensive list of feeling words, reflections to ponder, and a guide for further exploration through the lens of "The Guest House" by Rumi. Work and play through this journal on your own or find a partner or group for discussion and community. I'm Fine is a wonderful way to gain a deeper understanding of your deepest heart and soul and move steadily toward a life of greater authenticity and vulnerability.

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