

BRING YOUR MIND TO THE GAME  
**SPORT PSYCHOLOGY**  
&  
**MENTAL TRAINING**

**KUNASHNI PARIKH**  
CLINICAL AND SPORTS PSYCHOLOGIST



## Emotional Reflection Protocol

*A guided journaling exercise to help you release, understand, and move forward*

### Purpose

This reflection protocol is designed to help you move on from a past mistake, humiliation, frustration, or any experience that keeps replaying in your mind and pulling you away from the emotional state you want to be in.

When an experience remains unresolved, the mind keeps returning to it. It is not to punish you, but to look for clarity, meaning, or closure.

Writing allows **emotional release**.

Reflecting allows **realization**.


And realization allows **resolution**.

By answering these questions honestly and in order, you help your mind process the event fully so it no longer needs to repeat it.

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### How This Helps

- Puts vague emotional discomfort into clear words
  - Helps you separate **what happened** from **how you feel about it**
  - Reduces emotional charge attached to the memory
  - Shifts you from replaying the past to preparing for the future
  - Brings emotional closure and a sense of control
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## Important Instructions (Please Read First)

- Don't skip any question
- Answer **all questions in the exact order given**
- Never change the order of the questions
- Write as much or as little as you like
- There is **no right or wrong answer**
- Always **write** your answers. Don't just think about them  
(Thinking keeps emotions looping, writing helps them settle)

This may feel like *a lot* of questions and that's okay.


Go **one question at a time**.

Some questions may feel repetitive. Answer them anyway. Repetition helps the mind see the situation from different angles and creates emotional clarity.

Take your time.

## Journal Questions

1. What happened? (Write the details as much as you can)
2. When did it happen?
3. How did it happen?
4. How do I feel about what happened?
5. Why did it happen?
6. How do I feel about why it happened?
7. What could I do about it?
8. Is there anything I could do about it? Why or why not?
9. How do I feel about it? (in relation to the previous question)
10. What can I do going forward?
11. How can I prepare better next time?
12. Who is responsible for what happened?
13. What specific actions am I going to take to make sure this doesn't happen to me again?



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14. How do I feel right now in this moment after writing all this?

15. How do I feel right now in this moment about the incident?

16. How do I feel right now in this moment overall in general?

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### **Bonus Questions (Optional) For Added Emotional Clarity**

1. What do I wish for?
2. What do I want?
3. Why do I want that?
4. What am I going to do to get that?
5. How? (In relation to the previous question)
6. How do I feel right now?

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### **Final Note**

This exercise is not about judging yourself or rewriting the past.

It's about helping your mind **finish the story properly**, so it no longer needs to replay it.

Once written, allow yourself to pause for a moment. Notice your breath. Notice your body.

Let the reflection settle.

You've done the work.

**All the best**