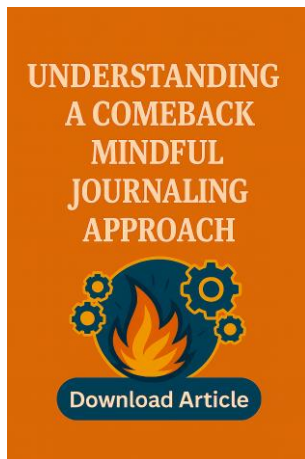




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## Using a Comeback Mindful Journaling Approach

*Understanding Your Triggers and what to do*

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I am a big fan of David Burn's book *Feeling Great* (purchase on Amazon). It is a longer read than normal with over 500 pages. However, it's packed with tools to help you work through emotional triggers—those intense reactions that often stem from unresolved experiences, old wounds, or difficult relationships. One of the standout tools is his Weekly Mindful Journal, where you reflect on a recent “Upsetting Event” — something that triggered you emotionally—and then break it down. What happened? What thoughts came up? Are those thoughts helpful—or just keeping you stuck? It's a powerful way to increase self-awareness and begin rewriting emotional patterns.

### Case Study

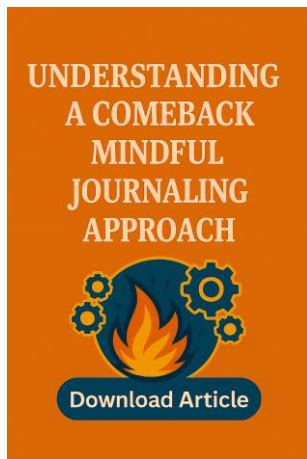
A 2020 case study published in the *Journal of Cognitive Behavioral Therapy* followed a group of adults struggling with anxiety and depression. Those who used a structured weekly reflection tool—similar to Burns' “Upsetting Event” journaling—reported a 42% reduction in emotional reactivity over eight weeks. They also experienced improved clarity, emotional regulation, and decision-making. The key wasn't just writing—it was *reflecting with intention*.

### Builder Includes this tool

That's exactly what I built into *The Comeback Builder™*.

The planner includes a daily F/F Block—short for *Family/Friend*—where you identify who might be linked to emotional tension and how you want to respond. You might write:

- "Dad – forgive and release."
- "Emily – set boundaries with kindness."
- "Me – let go of the need to control."



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It's all about getting ahead of your triggers before they become reactions.

And just like David's structure, *The Comeback Builder™* includes a weekly reflection page where you can:

- Note last week's "Upsetting Event" (trigger event)
- Journal about how it impacted you
- Identify any potential upcoming triggers
- And reframe your mindset going into the next week

**Here's an example:**

Upsetting Event: Argument with my brother. Felt unheard and dismissed.

Thoughts: "He never respects me."

Reframe: "I can't control him, but I can control how I show up."

Action Step: Pause, breathe, and respond instead of react next time.

It's like emotional strength training.

Together, *Feeling Great* and *The Comeback Builder™* give you a structured way to build your emotional resilience—so you're not just reacting to life, you're designing it.

## **Ready to help your audience rise again?**

Book Bill for your next event, retreat, training, or fun time and give your group the spark they need to reset, rebuild, and rise.

Bill Young

303.668.1782

[bill@comebackbuilder.com](mailto:bill@comebackbuilder.com)

[comebackbuilder.com](https://comebackbuilder.com)