here with you
Journal therapy allows you to write about, dialogue with, and analyze any problems and concerns. It can help you externalize traumatic events and organize your thoughts, and it is no quick fix. If you choose to try journaling to relieve emotional pain and it does not work, you may see benefits just after a few days. While journaling has helped many heal from trauma, it isn’t for everyone. Choose photographs and spend some time looking over them. Then ask yourself, “What would I say to the people, places, and things in these photos?” and “How do I feel when I look at these?” and “What would I say to the people?” Write your answers as you reflect.

There are several different types of journal therapy exercises. These include, journaling with photos, letter writing, timed journal entries, sentence stems, and dialogue. Why choose journaling with photos? Better writing. These exercises allow you to organize your thoughts and feelings into a coherent narrative. Dialogue journaling allows you to write about, dialogue with, and analyze any events in your life.
LETTER WRITING
Write a letter to someone about how and what you are feeling or your experience. This person could be anyone (someone you know, a part of yourself, or someone you have lost).

TIRED JOURNAL ENTRIES
Pick a topic. This could be how you are feeling, specific experiences, etc. Turn on a timer for about 5 - 10 minutes. Only stop once the timer has gone off. Reflect on what you have written.

SENTENCE STEMS
Take the beginning of a sentence to inspire the rest of your entry. For example: “The thing I’m most worried about is...”, and “My happiest memory is...”.

LISTS
Lists are a good way to get your ideas flowing. Some examples of list prompts are, “List of reasons to wake up in the morning,” “List of things I love.”

DIALOGUE
Create a dialogue between yourself and someone else (whether it is you in the past, or someone else). Write both sides to the conversation in your journal.