

here
with
you

What is journal therapy?

Journal therapy allows you to write about, dialouge with, and anyalyse any problems and concerns. It can help you externalize a traumatic event and allows you to organize your thoughts and feelings into a coherent narrative. While journaling has helped many heal from traumas, it isn't for everyone and it is no quick fix. If you choose to try journaling to relieve emotional pain and organize your thoughts, you may see benifits just after a few days.

types of journaling exercises

There are several different types of journal therapy exercises. These include, journaling with photos, letter writing, timed journal enteries, sentence stems, lists, and dialogue.

JOURNALING WITH PHOTOS



Choose photographs and spend some time looking over them. Then as yourself "How do I feel when I look at these?" and "What would I say to the people, places, and things in these photos?" Write down your answers as you reflect.

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).

TIMED 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

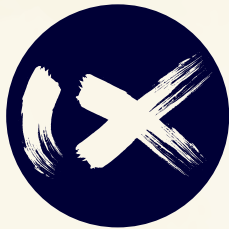


Lists are a good way to get your ideas flowing. Some examples of list prompts are, "List of reasons to wake up in the morning," "List of things I love."

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.



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