

JOURNALING IDEAS

Lists:

- Make lists in your journal of anything affecting your life; grievances, joys, pains, success, heartache, doubts, love, fear, etc... Any kind of list will do. Those leading to positive reflection will make you feel better about your life and situation, however, letting out negative feelings is also helpful because you're acknowledging your emotions and disappointments

Letters:

- Write imaginary letters to people that have caused emotions, positive or negative. Detail the events and how you reacted, your current feeling and what you would have done differently. This may help in resolving a problem.

Stream of Conscious Writing:

- This is known as automatic writing. Just write quickly whatever is in your mind without first contemplating it. Don't think about spelling, punctuation or grammar. You will be surprised at how much you can release in a 3-5 minutes!