

AI Journaling with Reflective Dialogue

Goal: Encourage verbal-symbolic integration and self-reflection.

This exercise blends journaling with AI-generated imagery. Clients write freely about their emotions, then view an AI-generated image based on their writing, and engage in dialogue with the image as if it were speaking back.

Steps:

1. Write a short journal entry about your current mood or experience.
2. The therapist inputs a summary of your writing into an AI art generator.
3. Observe the AI-generated image carefully.
4. Write a dialogue between yourself and the image: What is it saying? How do you respond?
5. Share and reflect with your therapist.

Workbook Reflection:

1. What did you write about in your journal entry?
2. Describe the AI-generated image you received. What did you notice first?
3. Imagine the image is speaking to you. What is it saying?
4. Write your response back to the image:
5. Did the dialogue reveal any new perspective or insight about yourself?
6. How does this exercise make you feel overall?

Therapist's Notes:

This space is for the therapist to note observations during the exercise.

- Did the client resonate with the AI image?
- What symbolic themes emerged?
- How might this be integrated into ongoing therapy?