



Journaling Guideline

This kind of journaling involves noticing when you have strong feelings, troubling thoughts or behaviors; writing them down and exploring them, including what triggered them.

So, maybe you find that you are anxious, so you write, "I'm feeling anxious." Then you ask, "What happened that I'm feeling anxious?" (trigger) – write that down.

Ask yourself, "What thoughts are in my mind when this happened and I felt anxious" – write them down.

Ask, "What did I do or say (behavior) when I felt and thought this way?"

Some will not notice their feelings first. They may simply see their behavioral reactions or their thoughts. Whatever you notice first can lead you to understand the rest.

Over time, as you do this you will begin to notice patterns of things that make you anxious, angry, sad, devastated, bored or etc.. These patterns will help answer the question, "What do I believe and want that I keep feeling, thinking and acting this way?"

Real change happens when we begin to believe and prefer different things (i.e. change our core). On the one hand, these core issues will persist our whole lives but don't let that discourage you. You can experience very satisfying change in a fairly short time and clarity about how to find your way back to peace when you lose ground.