

The Beauty of

Journaling



How to Journal - A Study Guide

It may seem simple to just write down what you're feeling, but putting pen to paper can be harder than you think. Sometimes, we may be afraid to face what we're truly thinking, or we may think writing down our feelings is a waste of time. Whatever the reason, here is a motivational method to get you to express your feelings healthily and productively.

Step One: Seems obvious but first, get yourself a notebook. Pick something that you think reflects you. If you're on a budget, you can buy an inexpensive notebook and design it with your artwork or whatever you want. Choosing which journal to use can be therapeutic as you take the first step to daily journaling.

Step Two: Now that you have your journal, it's time to start writing. This is the time to reflect and take a breather for yourself. What is making you anxious? Please write it down. Have you been feeling depressed lately? Write down what you've been feeling. Not only is this a great way to release pent-up emotions, but it can help you when talking to a therapist.

Step Three: Maintain a regular schedule. Some days may be harder than others, and that's okay! Maybe you don't have the energy or are too depressed to motivate yourself. When this happens, challenge yourself to write at least one sentence down. You can always go back to it later!

Step Four: Enjoy your journaling. It is a healthy outlet and helps you recognize possible issues you would like to share with your therapist safely. Being honest with yourself can be the first step to finding the help you need.