



**Anxietylab.org**

## **3-4-5 Program Course**

### **Journaling Exercise #1 Inventory**

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The exercise below will help you get started. It will guide you in gathering the important information about yourself and your life as you get into the habit of writing if this is new to you. If you do not already know exactly what to work on, take the information you get and use it in the affirmations you will write for yourself soon. For those who already know exactly the source of their anxiety or depression, the point of these exercises is to increase the emotional strength, knowledge and confidence to begin or continue engaging in other treatments, if needed.

*After this you will write free-form for yourself whenever you can (daily if in an anxiety spiral) and use the thoughts and feelings you notate to guide you to focus on your real problems.*

Or just vent your feelings. Sometimes your journal/log entry will just be angry yelling as you vent at the page instead of at a person or animal. If it turns out that your ENTIRE log is nothing but angry yelling, then you know something more about yourself right there. For it to be of use to you, it should be more than venting.

**RULE: Venting should be kept to no more than 30% of what you write.**

#### **First log entry: Inventory**

This is a process of exploration and discovery - always be mindful of the fact that it is private and internal. Honesty is key.

Start with the following questions and then proceed to make up and answer as many additional questions as you can think of. These writing exercises are more or less productive depending on how

much you put into it.

**ANSWER THESE QUESTIONS :**

What is the best part of my life?

Do I like my job?

Why or why not? Explain:

Am I happy in my relationship?

Why or why not? Explain:

Is my relationship feeling 'healthy' and positive for me?

My health is\_\_\_\_\_.

My environment at home or work is \_\_\_\_\_ (filthy, harsh, lovely, neutral, drab, beautiful, improving, deteriorating).

I have beauty in my life in the form of \_\_\_\_\_.

Am I really able to handle all the stress I have in my life?

Am I able to take care of all these things and myself?

Life would be better if \_\_\_\_\_.

I can count on \_\_\_\_\_.

I love

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I know

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My dreams are to 

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I believe that I'll feel better if

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What do I feel?

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What will make me feel better?

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I started this because

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I am concerned about

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I am grateful for

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