



Anxietylab.org

3-4-5 Program Course

Journaling:

Key Idea: Journaling

Journal therapy: Thoughts, feelings and beliefs become more clear or can be discovered with conscious reflection.

Get a notebook or use your computer or other place to write your ideas, thoughts, beliefs, feelings, responses and dreams.

Exploration should show you what to work on in your affirmations.

How to do it:

This is usually the first part of the process. It is where you really LOOK at everything. Try to listen closely to what your internal signals are. Listen to your body and your feelings and the responses you have to people and events throughout the day. Really look at what your thought process is driving you to do and feel - and either write it all down or verbally remember the most important discoveries. That will help with forming your most important Affirmations.

Get a notebook or use your computer or other place to write your personal thoughts and start the journaling process. Make sure it is secure and safe from being read so there is no stress about being honest with yourself.

Journal writing is used with a therapist as well. Take the insights and questions you get from your writing and discuss them with your therapist.

([Click here](#) for information about formal journal writing therapy.)

Language is the key to consciousness. When we think and/or talk through a lot of things freely, eventually a key word or whole sentence will pop out that is a surprise to the person who just said it (that's a "Freudian slip"). This happens frequently to normal people. That word or sentence is a hint from your unconscious about what it is that is truly bothering you. Pay close attention to what that word or sentence is- go back and investigate its meaning. It can be a hint about what you really believe that you can't admit. Learn to recognize the difference between that and a truly meaningless 'slip of the tongue' which are also common and can be ignored. ([Sometimes a cigar really is just a cigar.](#))

Those "hints" can arise when you use a lot of language freely in the course of investigating your own inner reality. Use as many words as you can. (This is basically what you'd do with a therapist in most standard talk therapies.)

Start noticing when you feel anxious or have a negative emotion or a bad reaction to someone (see note at left). Most people already "know" what their deep seated issues are, they simply can't say them until they are discovered in a step by step process. **When you have an agitated feeling or sense of anxiety, write down what is happening at that moment.** You will start to see patterns after doing this for a few days or weeks. Follow the trail of that information.

This is the 'action' information. It is where we figure out what to work on in our Affirmations.

Sometimes what we learn is something we already 'know' but can't say. Other times people really 'discover' something hidden in the unconscious and can then make an adjustment or simply accept or process it. Pin-pointing the real issue is the key.

There is another benefit to writing. From a [study published in 2015](#): "*It is likely that **writing attenuates the burden that worries place on working memory**, thus providing individuals an opportunity to reevaluate the anxious and stressful expression in a manner that reduces the necessity to worry altogether.*" *

(emphasis added) Perhaps like the process of confession or otherwise confiding in another, there is an actual physical relief that occurs.