



## Intermediate Journaling Guide:

### Deepening Your Self-Awareness and Insight

#### Introduction

If you've already tried basic journaling, you may have noticed how putting thoughts on paper can bring calm, clarity, and small insights. This intermediate journaling guide is designed to help you go a step further, so noticing patterns over time, exploring triggers, and reflecting more deeply on relationships, habits, and emotions.

This guide is about observing recurring themes, understanding why things affect you, and connecting the dots between events, feelings, and reactions. Journaling at this stage can be a starting point to a greater understanding of yourself.

#### How to Use This Guide

You can use journaling for different purposes: exploring patterns in habits, understanding relationships, processing emotions, or reflecting on your own thoughts. Below are some prompts to help you go a bit deeper and gain more insight.

**Remember:** Choose the prompts that feel most relevant to your situation; you don't need to do them all at once. Just spending a few minutes on it can help you feel clearer, calmer, and more connected to yourself.

#### Tips for Getting Started

Use a quiet, private space where you won't be interrupted.

Use a notebook or a digital document that you can save privately.

Set aside 10–15 minutes, or longer if you feel you're in the flow.

**Remember:** It's safe to write your thoughts and feelings down. Be totally honest. Also remember what you write doesn't have to be perfect and you don't have to aim to solve everything immediately.

If strong emotions arise, pause, breathe, and remind yourself this is a safe space to release what you have been holding. If you need to cry, let the tears come. Crying is your body's natural way of bringing you back to safety and helping regulate your nervous system.

## **Journalling Focus Areas & Prompts**

### **1. Patterns in Habits and Lifestyle**

- What recurring behaviours, cravings, or reactions have I noticed in myself this week?
- What emotions, events, or situations tend to trigger these behaviours?
- Is there a pattern that is related to sleep, diet, work, or relationships?
- What small thing could I try to see if a change in behaviour or mindset shifts the outcome?

### **2. Emotional Awareness and Processing**

- What strong emotions have come up for me recently, and what events triggered them?
- Where do I feel these emotions in my body, and how intense are they?
- Are there recurring themes in my emotional responses?
- Is there a possibility of me responding differently next time? What would it be?
- How can I nurture myself through these feelings?

### **3. Relationships and Boundaries**

- Reflect on interactions with key people in your life recently : How did they make me feel, and where do I feel it physically in my body?
- What assumptions am I making about them and their intentions? Make a list of what is known to be true vs. what I'm assuming is true.
- What is mine to take responsibility for, and what belongs to them? Have I been taking responsibility for how they are thinking and feeling?
- Are there external voices or opinions influencing my perception of things? How can I stay grounded in my own truth?
- If conflict arises, what is the most authentic and respectful way to communicate my feelings?
- If I'm not communicating my feelings, why not? What am I afraid of?

**Remember:** External validation is optional; it is your internal truth that matters most. Sometimes people you ask for advice, or who are partially involved in the situation, may not have all the information, so their input may not be fully valid. Trust yourself and your perspective.

#### **4. Self-Reflection and Inner Work**

- Are there recurring patterns in my thoughts, feelings, or behaviours?
- Is something triggering me, and if so, what is it?
- How does it make me feel?
- What do these patterns show me, and how can I learn more about why I respond this way?
- Do these patterns connect to past experiences? Have they come up before, and in what way?
- Do I hold any fixed beliefs that contribute to these patterns? If so, what are they?
- Are these patterns repeating because I've been influenced by someone else's expectations or conditioning, rather than following my own knowing?
- What strengths do I have to deal with challenges more effectively?
- What do I feel I need to do to manage challenges better when they arise?
- What knowledge and experience have I gained that I can use to move forward when faced with challenges?

#### **Reflection Tips**

You may notice recurring themes or patterns, so take time to highlight or underline them.

It's normal if deeper emotions arise during journaling; pause, breathe, and allow yourself to feel. Write down how you feel. Admit it and give yourself permission to name it. If you need to cry, it's okay; crying is your body's way of releasing tension and returning to a state of safety.

You may not have all the answers and that's okay; observation itself builds self-awareness.

Consider reviewing your entries at the end of the week to spot trends, patterns, or progress.

#### **Optional Daily/Weekly Practice**

Set aside a "reflection session" once or twice a week to review previous entries.

Make a note of any patterns, insights, or recurring triggers.

Celebrate small discoveries and acknowledge the growth in learning to understand yourself.

## **Exploring Deeper Work: When Journaling Opens More**

As you journal and gain new awareness, you may find that deeper emotions, memories, or sensations start to come up. This is a natural part of healing as your body and mind are showing you what's ready to be released.

Sometimes these layers are best explored with professional support, especially when emotions feel intense or when you sense you've reached the limits of what you can process alone.

### **1-to-1 sessions can help you:**

Feel grounded and supported while releasing long-held emotional energy.

Process insights from journaling in a safe and contained way.

Regulate your nervous system and integrate change more easily.

Move from understanding into transformation.

## **Combining journaling with EFT or Access Bars**

Journaling works beautifully alongside techniques like:

EFT (Emotional Freedom Technique): Gentle tapping on acupressure points to release stored emotion and calm the nervous system.

Access Bars: A light-touch process on specific points on the head that helps quiet the mind and ease emotional intensity.

Together, they can help shift deep-seated patterns, integrate healing, and support lasting change.

If you've reached a point where your journaling is revealing more than you can comfortably hold alone, this can be a sign that you're ready to go deeper, and you don't have to do it by yourself.

Please feel free to reach out to me for a chat to discuss the best next step for you in your personal growth and healing journey.