

# Journaling

Journaling is the process of using your heart, head, and hands to put feelings, prayers, ideas, and thoughts onto paper.

Journaling is a great tool for anyone. It can be:  
relaxing  
stabilizing  
cathartic  
clarifying  
worshipful

Journaling can be done in a notebook, on loose sheets of paper, or in a book designed for journaling. Entries can be short and simple, or they can be long and complex.

As you journal and begin writing your feelings and thoughts, use the list of feelings in the box to identify and name what you are feeling.

To get started....

Ask yourself the following questions and write down what your heart is telling your head.

What am I feeling?

Where is this feeling coming from?

What do I need?

What do I hope for or imagine?

Journaling can also be creative expressions of your heart, head, and hands. Examples:

Draw

Make a collage

Sketch

Write a song or psalm

Doodle

Paint

Write poetry

Write a creative story

## Eight Feelings

Hurt  
Lonely  
Sad  
Guilt  
Fear  
Shame  
Anger  
Glad