

# Journaling

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Journaling is something you can use at any time and at your own pace when you're feeling a particularly harmful emotion. Read these few guidelines to help develop a habit of really "feeling" a feeling inside and letting it go, then in the spaces below try journaling for 15-20 minutes about a stressful emotion you've had recently.

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- Grab a pen and find a safe, quiet environment.
- Focus on your feelings about distressing experiences or something that really bothers you. Don't worry about what happened or who made you feel this way.
- Pay attention to and write about your gut feelings and physical reactions in your body.
- Do not pay attention to grammar, spelling or punctuation. You are writing for yourself and no one else needs to see your journal.
- When you are finished writing, put it down the pen and walk away. This turns the abstract process of letting go emotionally into a concrete act.

## **Think about these questions to help get you started:**

- *What emotion do you think you're feeling?*
- *What physical responses are you having? Is your heart racing/stomach hurting?*

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