

JOURNALLING

Plan to work on your journal 10 – 30 minutes per day. Treat it like an important appointment! The longer you practice it, the more comfortable you will feel with journaling.

Begin with the first feeling you experience (for example: anger), and list all the things you are angry about. It can be recent events, or from the distant past. Try to think and write about why you have the feeling, and what is under the angry feeling. Exhaust all your thoughts about that feeling, and then move on to the next feeling and do the same thing.

Repeat this pattern for the following:

I'm angry about.....

I'm sad about.....

I'm afraid of.....

I'm ashamed of.....

I wish..... (list 4 things)

I'm thankful for..... (list 5 things)

At this point, sit quietly for 2 - 3 minutes and ask God to speak to you. Keep your focus on Him. At the end of the time, write down any thoughts, pictures, impressions you have. These may not make sense, but write them anyway.

For more information or help, please call:

MASTERPEACE Center for Counseling and Development

308 S. Maumee Street, Tecumseh, MI 49286 · 517-423-6889 · www.mpccd.com