



CRABTREE THERAPY

Introduction

Welcome to your guide to journalling!

Journalling is a fantastic practice which can be used to express your thoughts and feelings.

It can be used independently or as a support if you're having ongoing therapy and will help to manage your thoughts and feelings. It provides a space to contain your emotions and can act as a self check in.

Lots of people like the idea of journalling but then find they have writers block when they sit down to try it.

The suggestions below are different types of journalling practices that you could try. There is no one size fits all and lots of people find that they use different practices on different days, depending on their mood.

Perhaps try each of the practices and see which resonate most with you.

Please feel free to share how you are finding journaling either by email polly@crabtreetherapy.com or on Instagram [@crabtreetherapy](https://www.instagram.com/crabtreetherapy)

Warmly

Polly

For when you're just starting out

Daily Journaling Questions (adapted from The 6 Minute Journal):

This is a good way to support getting into journaling as it gives you a structure and focus. The only caveat is to be mindful of how it directs you into only thinking in terms of positivity and that you are a project to be improved, rather than being ok just exactly as you are.

For that reason, I suggest only using this for a short period of time whilst you get the hang of journaling.

Morning (3 minutes max writing)

- 3 things I am grateful for
- This is how I'll make today great - adding goals for the day
- Positive affirmation for today - setting intent

Evening (3 minutes max writing)

- My good deed today
- How I'll improve
- 3 great things I experienced today

Other journalling methods:

<p>For when you want to liberate yourself from a particular subject</p>	<p>Free journalling</p>	<p>Set a timer and write whatever comes into your mind for the allocated time, don't read back or edit until the end of the time. You can write whatever pops into your head, the shopping list if nothing else. The key is not to give your inner critic a voice about what you're writing.</p> <p>IDEAS:</p> <ul style="list-style-type: none"> • Start small and aim for a page a day, or 5 minutes of continuous writing • Start with writing about how you're feeling, do a brief check-in and write about what's bothering you and what's going well • Jot down any worries or anxieties currently on your mind
<p>For when you want to establish a morning routine</p>	<p>Morning Pages (Adapted from Julia Cameron's book 'The Artist's Way')</p>	<p>The idea is to write 3 pages of long hand, stream of consciousness writing first thing in the morning. Don't overthink it, just a brain dump to allow your mind to sort through the coming day. Just do three pages, then stop and do it again the next day if you want to.</p>
<p>For days when you feel blocked</p>	<p>Lists</p>	<p>For the days when nothing is coming. Write lists of your favourite things, TV shows, books, people, outfits, holidays etc... Sometimes a list will spark something longer and sometimes it's all you need.</p>

<p>For when you feel overwhelmed but have no outlet</p>	<p>No send letter</p>	<p>This is for when you have emotions that are fully present and you need to get your feelings out of your body.</p> <p>You could write a letter to someone who has hurt you, who has disrespected you, who has made you angry but perhaps you feel that you don't want to, or can't, speak to them directly.</p> <p>The absolute key element to this is that <i>it's for your eyes only</i>, you never send a no send letter, but it allows you to feel the range of your emotions.</p> <p>Once you've done this, you can consider how to address the issues you have with the person you were writing to.</p>
<p>For when you want to remember your dreams</p>	<p>Dream journalling</p>	<p>What did you dream about last night? Write it down! You may find that the more you write them down the more you remember them. So if you like to remember your dreams, give it a go.</p>
<p>For when you need structure</p>	<p>Plan your day</p>	<p>Like Morning Pages, planning your day allows you to reflect on what's to come and organise your mind.</p>
<p>For when you're feeling reflective</p>	<p>Reflect on your day</p>	<p>The reverse of planning your day. Think about what's gone well, what you wish had been different and why, what opportunities arose and anything you're grateful for.</p>
<p>For when you're busy</p>	<p>Write just one line</p>	<p>For days when you don't have the time or inclination, summarise it all into one line.</p>

<p>For when you're feeling anxious</p>	<p>Worst case scenario journaling</p>	<p>Write about the worst case scenario of what is bothering you. This can help to tease out negative emotions that you may be afraid to look at. It can often help you to see that the worse case scenario is unlikely to happen.</p> <p>A great tool for when you're feeling anxious.</p>
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Hints & Tips:

- You don't have to journal every day
- You don't have to keep a paper journal
- Make it for your eyes only so that you write exactly what's on your mind, rather than censoring it for others
- Keep your expectations realistic - commit to writing for 5 minutes, 3 times per week rather than 30 minutes every day (or don't commit at all if you don't feel like it!)
- Some people enjoy brain dumping for 5 minutes to get their mind working and then move on to focus on a specific topic
- If you're feeling overwhelmed at work, brainstorm some solutions to problems you're facing and make a streamlined to-do list that puts your real priorities at the top
- If you're just in the mood for some TV, make a list of your favourite Netflix series and ones to watch
- Let journaling be fun rather than a chore, you never know what you'll discover in the process

Happy Journalling!