



## AN INTRODUCTION TO JOURNALING

FOLLOW THE INSTRUCTIONS BELOW AT LEAST 3 DAYS A WEEK. EVERYDAY IS OPTIMUM, BUT YOU PROBABLY WON'T WANT TO WRITE MORE THAN ONCE A DAY IN THE BEGINNING, AS LONGEVITY OF PRACTICE IS MORE IMPORTANT THAN VOLUME.

### GET A JOURNAL & A WRITING IMPLEMENT

**1** The writing implement should have a good weight, feel comfortable in your hand and not slide faster than you can write, i.e. a felt pen, or sharp pencil offers more resistance than an average ballpoint, allowing for more thoughtful writing.

### DESIGNS MATTERS

**2** Decorate cover as desired, it will make your journal feel more friendly. Keep the first page either blank or make into a "welcome" page of sorts.

### SET YOUR TIMER FOR 10 MINUTES TO START WITH

**3** If you're feeling reluctant try "temptation bundling" by attaching something pleasurable to the process, like perhaps treating yourself to a fancy coffee while journaling.

### GET STARTED!

**4** Record literally whatever emerges. Don't second guess, don't edit, don't judge. Keep writing, even if it's about how annoying journaling is!

### NOW WHAT & WHY EXACTLY AM I DOING THIS?

**5** An entry doesn't have to be *about* anything, to somehow be about everything, like how a dream is a glimpse into the deep well of our subconscious. Journaling externalizes free-floating, amorphous anxiety, halting circular ruminations. Plus, writing down thoughts and feelings is a great way to free yourself from the dark river of *denial*.