

Journal Writing - your own free therapy session!

By Linda Ogier of Fox Copy

Are you one of those people who loves to sit down and reflect upon your day, thoughts, or life in a journal?

If you're not you should try it some time.

Just think, it doesn't cost you a cent, it's fun (although sometimes emotionally intense), and it helps improve your relationship with yourself and others.

In short, it's like seeing a therapist - without leaving home.

Here are some suggestions for getting your journal keeping started. They're all lists - easy to write - and you can add to them whenever you want.

Ideas to get your journal juices flowing:

1. List things you'd like to have done before you die. Set about doing them over time.
2. Write down compliments you receive. Re-read them frequently.
3. List the qualities that attracted you to your partner. Review these when times get tough.
4. List things, places, and people you enjoy. Arrange to enjoy at least one of them daily or weekly.
5. List things you hate, and things you love. Expand on your feelings for each of these over time, and explore why you feel as you do.
6. List your greatest fears and worries. Explore these over time.
7. List what makes you happy and content. How can you fit more of these things into your life?

Once you've sunk your teeth into some lists you can reflect further on your thoughts and feelings and expand on these via free writing.

Read one of your lists over, then simply let any thoughts associated with that list flow through your pen and onto your paper. Write whatever comes into your head... get it all out... negatives, positives..... everything. Then read through what you've written and digest what you've said.

Journaling is a free, simple, and effective way to offload problems and undertake inner reflection. Use it to mull over your thoughts, goals, dreams, worries, emotions, and conflicts.

And, always remember to write about things that make you feel good.

Whenever you re-read a 'feel good' journal entry you'll get a shot of happy juice in your veins, the effects of which can last for days. Great stuff!

Yes journaling takes time depending on what you write, but the benefits are priceless. Try it.

###

This article was written by Linda Ogier of Fox Copy. Fox Copy produces clever copywriting for websites, newsletters, ads, brochures, media releases, articles and more. Visit www.foxcopy.com.au today to outsource your business writing needs.