

JOURNALOLOGY

SOURCE: WAKIMBO WEBSITE: LIVE... LIFE... LOVE

Journalology

Journalology is a simple, effective, and powerful tool that you can use as a source of guidance, inspiration, and healing.

What's a journal?

A journal is more than just a book of pages to be filled with each day's happenings. A journal can be your own personal sanctuary, a place to release your thoughts and emotions, give voice to your dreams, and discover insights and issues that might otherwise have remained hidden. A journal is a private record of your life journey, which includes the journey of the mind, heart, body, and soul. Used effectively your journal can be an amazing life tool becoming a constant source of guidance, healing, and empowerment.

What do you use a journal for?

There are an unlimited number of ways to use your journal. Use it to transfer your daily mental chatter from your mind to the page. Clear away old emotional issues as you pen your past or re-ignite dreams and goals as you begin to re-connect with your inner self. A few minutes of writing each day is a little like checking your email, you never know what you might find!

Some people have several journals going at the same time, for daily journaling, drawing and sketching, note-taking, list-making, goal setting, there are no rules.

What will journaling do for me?

Journaling gives you a chance to retreat for a moment from busily living life and connect with parts of yourself that might not otherwise get a chance to be heard. The more you write, the more you will find the journal almost writes itself as thoughts and insights come tumbling out, enjoying the opportunity to be expressed. Journaling keeps you conscious and connected to your life as the truth of whom you are and what you want (and don't want) constantly appears on the page. Journaling is like holding up a mirror each time you write, and it's hard to continue the wrong path with such a visual reminder facing you.

Are there journaling side effects?

Journaling can unleash many things - memories from your past, repressed emotions, long-lost dreams, realizations that you are in a job or relationship that is unhealthy for you, just to name a few. Once the words are out onto the page, it's near impossible to pretend that what has just come up doesn't exist, and you will likely find yourself with decisions to make or an awareness that there is healing to be done. Life is a learning experience and journaling is one way to become more conscious and connected to these experienced, learning as much as you can from them. In the process you may come across things that you feel you would rather not face. In our experience nothing ever comes up whilst journaling that you are not ready for. On a subconscious level, you intuitively know what is ready to come out of that pen and what isn't.



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Helping People
Help Themselves

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A note to first time journalers: Journaling can be like going through your attic. Especially if it's your first time, the attic may have some dust and clutter, and old scrapbooks and photo albums that you haven't looked at in a long time. The first time you start to clean, dust and memories are flying all around the place and the attic might look in a worse state than when you first started! Eventually though, as you sort through it all and throw out what you no longer need, and polish newly found treasures, it takes on a new look. The time it took, and the emotions experienced whilst in the process were well worth it. Such is journaling, stick with it and the benefits will come.

What's the difference between a diary and a journal?

Traditional diary writing has been more a record of daily events; what you did, who you saw, maybe how you're feeling in general. This kind of writing deals mainly with your 'on the surface' life and doesn't produce the effects and benefits we attribute to journaling.

Journaling goes beyond the surface. You may choose to write about your day, but rather than merely complain about your job, you try to delve into the root of the problem. What exactly don't you like about it? What would you rather be doing? Journaling not only allows you to express and acknowledge your frustrations, but also helps you to discover why you are feeling a certain way and what you can do about it. Your journal is more than a record of your life, it is a life tool.

How do I journal?

Literally go with the flow. Don't force anything, and don't repress anything. Don't

worry about spelling or grammar. Write freely, no one else is going to read it. If you are just starting out, try and write something every day even if you only manage a minute at the beginning. If you can't think of anything to write about, just start writing. Write whatever is inside your head, write about your day, your childhood, the rosebush you love next door, just write. When writing about your day, or life, or an experience, try to also write about the feelings and emotions you associate with it. Ask yourself why you might be feeling that way. This one line of writing will often lead to realizations, insights, and 'lightbulb' moments.

The more you journal, the more natural it will feel to just pick up your pen and write away. Like anything, it takes practice and regularity to get good at it. So just start and see where it takes you...

Do I have to journal every day?

Just like physical exercise, the more regularly you do it, the greater the benefits. Also, the process becomes more familiar and in turn you progress to new and deeper levels of journaling. If you can journal for even a minute every day, you'll benefit. At the least, try to journal most days. It will make a huge difference to your life.

What if I don't have time to journal?

Journaling is like anything in life; if you really want to do it, you can find time. You can wake up 15 minutes earlier or journal just before you go to bed. Replace some television-watching time. Carry your journal with you and journal on the bus or train, during your lunch break, or while you're





waiting for your name to be called at the health center or motor registry. We have more time up our sleeves than we think.

There's no right amount of time to spend journaling. Anything from a few minutes to a few hours might be just what you needed that day. Just start writing and see what happens.

Am I supposed to re-read my journals at any time?

Whether you do or don't re-read, and how often, are personal choices that will likely vary. A warning - choosing to re-read your journal can be a little like going through your trash can as you wade through all those words and moments that lead to that breakthrough or breakdown. Having said that, it is often quite enjoyable to flick through a journal of a year or five ago and see how far you've come. Other times they serve well as books of memories if you feel the need to reminisce.

The more time that has lapsed between the time of writing and the time of reading the better - you will be able to read it with less attachment and a clearer perspective.

What if someone reads my journal?

Journals contain content that is personal and at times not anything you would want to verbally share with anyone else. Writing with the thought, or fear, that someone might find it and read it will drastically reduce the effectiveness of your journaling and its potential benefits. You would be restricting what you really needed to write.

Prevention is better than cure. If you are living with people, you love and trust, let them know that your journal is a private place, and could they please refrain from reading it if they see it lying around. (Likewise, you respect their right to journal privacy.) If you still have some privacy concerns, make sure you keep the journal in a safe place or take it with you wherever you go. This is not very practical so developing a trusting relationship with your partner, family, or housemates is obviously the better option.

If after taking all precautions someone does read it, it's not the end of the world. Don't let it deter you from future journaling and do let it prompt you to have a discussion with the person involved about your need for privacy and personal space.

Do I let other people read my journal?

Writing knowing someone else is going to be reading your journal, as mentioned above, influences what you write and in turn affects any benefits you could be receiving. Your focus turns to the potential reader and what they will think of what you are writing, rather than just focusing on writing freely and expressing whatever comes up.

A reader would be walking through masses of thoughts that aren't necessarily meant to be understood or heard by anyone but you. If you want someone to read your journal with the hope that they will then understand you better, it's a little like giving them your trashcan in the attempt they will understand your home better. Yes, they will come away with some idea of who you are but there are better ways to communicate yourself to another person.





What about on-line journaling?

When you're using a computer, it's too easy to delete this, add that, and edit when you're done, which defies the purpose of effective journaling. We recommend hand-writing your journal for maximum benefits.

JOURNALING TIPS

Keep your journal out where you can see it.

One of the things we most often hear is 'I don't have time to journal'. Or 'I can never seem to get around to it.' When your journal is hidden in a desk drawer, it becomes even easier not to find the time. If the journal isn't in your frame of view, it has an unfair disadvantage when competing with things that are - the dishes in the sink, the television, etc. Leave the journal on top of your desk or in a place where you are likely to see it every day. The regularity of your journaling is sure to increase, even if it starts with just a few quick lines every day.

Set aside a regular time for picking up that pen.

Just like exercise, the benefits of journaling come from doing it regularly. Also, just like exercise, you are more likely to do it if you have a set time planned. It eventually becomes a habit that you look forward to each day. Experiment to find out what time suits you best. It might be first thing in the morning, last thing at night, or during your afternoon break.

A note about setting a regular time: By this we mean setting a regular start time. When you finish is not so important. Every day is different and the amount of time you spend journaling can vary depending on your needs, moods, external factors, etc. Don't give yourself unnecessary angst by trying to commit to exactly X minutes every day... just commit to starting and finishing will take care of itself

It's okay if you miss a day!

Another common journaling comment we hear is 'I start a journal, write every day for a few weeks and then stop. I can't seem to keep it going.' Similar comments are said by anyone trying to start a fitness program or develop healthy eating habits. We believe the comments all stem from the one myth... that if you miss a day, it's all over. 'I've failed and I might as well give up.' Not so! If you miss a day, you miss a day, no problem. Get up the next day and keep going. Maybe your body needed a break from releasing issues (or maybe it needed that piece of cake). It's great to develop a routine and the benefits that come from doing anything positive regularly speak for themselves. However, life doesn't always fit neatly into the daily schedule we try and plan... enjoy the unplanned moments as much as you enjoy the planned ones.

Date your entries.

Sometimes you might want to read back through your journal or pick up an old one and browse through that. It's interesting to have it noted when you wrote that particular sentence or felt a certain way. Reading something you wrote two or ten years ago, and realizing how far you've come since then, can be empowering and extremely satisfying.





Similarly, you might discover that you've been writing about a dream or goal since 1976 and still haven't got around to it. That just might be the push you needed to go for it.

Don't worry about spelling, grammar, etc.

No one is going to read your journal, your English teacher isn't going to grade your work, and you don't have to write in a perfectly straight line. Your journal is your private and sacred space to let go and that means some pretty fast writing can go on. The best spellers start to make mistakes and your neat strokes begin to resemble a scrawling mass of squiggles. That's okay. It usually means you're probably onto a really good thing and are about to discover some amazing new insight. Concerning yourself about tidy writing and correct spelling can break your train of thought and interrupt the process, so leave that part of yourself outside your journal!

Write freely... don't edit yourself.

As we said above, your journal is your private and sacred space to let go and express yourself freely. The more you write, the more you will write. Depending on your phase of the moment, a dam of words can start flooding out onto the paper that can at times surprise you and shock you. Intense anger, fear, sadness, guilt, all kinds of emotions can come out onto the page. You might not even have known that you had some of the thoughts and feelings that emerge. If you aren't used to journaling, you might feel uncomfortable about writing so openly about your jealousy of that person or your anger at another. This is what a journal is for. It is

meant for getting negative thoughts and emotions out of yourself and onto a page where it can't hurt or harm you or anyone else. It is meant to be an alternative to repressing yourself and allows you to work out exactly what you are feeling, and why. It can even help you to figure out the best way to deal with something or heal a past hurt. It is meant as a punching bag when you need it to be one, so you don't take it out on innocent, or not so innocent, bystanders. A journal is like talking to someone who has all the time in the world, it won't judge you or tell you to be quiet, it is there to listen and allows you to express yourself freely. Editing or repressing yourself will defy the purpose of journaling. (This is the main reason we don't recommend on-line or computer journaling. It is too easy to constantly be editing yourself.) If you want to experience all the benefits you can, write as though no one else will ever see it or read it.

Trusting others

Many of the above tips, e.g., leaving your journal in a visible place and writing freely, require an amount of trust between yourself and anyone that lives with you or spends a lot of time in your home. If you can't trust them not to read your journal, you are obviously not going to want to leave your journal lying around the house, nor will you write all that you may want to or need to. Basically, you have two options. The first is to communicate with them. Let them know this is something you do, that you need it to be your own private space, and that you would like them to respect that. If this is not an option, be careful about where you leave it. Keep it in a private place if you feel you need to.





Sometimes it feels worse before it feels better.

Keeping a journal can be very confronting. It becomes almost impossible to ignore any frustrations or situations in your life that need changing. Issues that you might have swept under the carpet tend to rear their heads at unexpected moments, and at times it can feel very uncomfortable to face the truth about yourself, your life, your past, or your present. A good way to deal with these times is to look at them as a blessing... realizing just how angry or frustrated you are about something is a huge sign that something needs changing, and that's the first step toward doing something about it. Being aware of your emotions also positively affects your health, just as keeping them repressed and unacknowledged negatively affects you. Likened it to cleaning an attic.

At first there is a lot of old dust and cobwebs flying around, the place looks a worse mess than when you first started, and you feel like giving up. However, if the time has come when you really don't want old stuff taking up all that space anymore, and you really would like to make it all fresh and clean so that maybe some new things can fit in there, you decide to persevere. Eventually, the space starts to resemble a great, clear space and it all becomes worth it. During your years of journaling, you'll probably go through many 'rooms' and 'attics'; it doesn't stop with one. The good news is you become very conscious of your life. You increasingly move toward what is important to you and aren't as attracted to what isn't. You see things with a renewed perspective, 'dust' and 'cobwebs' become less overwhelming and you handle the content of each room swifter and easier each time!

PUSH YOUR PEN

Here you will find some powerful writing prompts created to help Push Your Pen across the pages of your journal as you delve deeper into the truth of your soul.

Current prompt: Going with the flow

Times of change are a gift from the universe, sending us into new directions often without much conscious planning on our part. Due to the perceived lack of control, we feel we have, change can trigger intense emotions in us as we attempt to hold on to the comfortable and familiar rather than face the unknown. As a result, we can become 'stuck' and experience the change in a painful way, resisting the flow forward and the opportunities that lie before us.

Write about a time of change, either presently or in your past, that you have had trouble dealing with in a positive, flowing way. What happened? How did it affect your life? What emotions does this experience most raise for you and why? Write down 5 things that have come from this experience that have affected you in a positive way. You may find that other issues and events come up as you journal, and this is a good thing. It is common for any emotions you are feeling to actually have their roots elsewhere and if you feel drawn to dig deeper, go for it!

This exercise is a way to get in touch with any suppressed emotions you may be feeling about certain events and express them healthily and honestly. It also helps you to look at the experience from a higher perspective, seeing why it came into your life,





leaving you with a better understanding and appreciation of the opportunities it brought.

Push your pen jar Lighten your load.

When we walk around with unresolved emotions, they can cloud our present moments, influencing our ability to see and feel clearly.

In your journal, write down the emotion that you find most uncomfortable to experience. This emotion is usually experienced recurrently in an intense, uncomfortable way, or you don't allow yourself to feel it at all. Either extreme may apply at different times. Write the question, "Why do I feel such (emotion)?" Write your answer underneath, letting it flow for as long as it needs to, as intensely as it needs to. Your journal has all the time in the world to be your therapist, punching bad, and healer. So, use it, release whatever has to come out.















Give your emotion a living presence and start writing as if you are having a conversation with it. Ask the emotion, "What are you trying to show me? What are you trying to teach me? How can I use you as productive energy?" Let it reply as if it has a living personality all of its own.

This prompt is a powerful healing exercise and provides greater understanding and insight about this emotion's influence in your life. Repeat the process whenever you feel drawn to, each time uncovering deeper levels of yourself Also try it with other emotions you would like to work on.




Life Toolbox

Your Life Toolbox can be filled with anything that you know always makes you feel genuinely good about yourself and life. The Tools are a way of connecting with your Self and help to remember you are more than whatever is going on outside and around you.

Make a list of everything that you have or want in your Life Toolbox and try to get at least one tool out of it daily, or at least most days. Put things in there that feel fun and enjoyable to do, and that you can have quick and easy access to. Be sure to include things that only take a minute so that time is never an excuse. Toolbox suggestions are:

-  Meditating
-  Journaling
-  Writing a short story or poem just for fun or for expression
-  Walking
-  Yoga
-  Listening to music and dancing around the house
-  Painting
-  Gardening
-  Reading
-  Cooking
-  Bubble baths
-  Spending time in nature
-  Going to the beach
-  Doing some photography or creating collages

Include things like:

-  Slow, deep breathing
-  Being still and quiet for a minute or thirty
-  A list of attitudes that uplift you, like serenity or boldness





- 🧠 Qualities you know you have and need to be reminded of
- 🧠 Eating healthy
- 🧠 Nourishing foods and drinking plenty of water

Consider it your personal lucky dip, what are you going to give yourself today?

Self-care

Just like our relationships with others needs care, so too does the relationship that we have with ourselves. However, for many reasons, treating ourselves with the same respect and love we give to those we love can be a challenge.

Write down all the ways you would like to show yourself kindness from now on. Include positive ways of thinking and speaking about yourself, changed ways of acting and behaving, new activities and skills you would like to learn and try and do, things you would like to experience more often, gifts you would like to give yourself from time to time, and anything else you feel would support and nurture the real You.

Happiness

Life is happening right now. How often do you choose to delay happiness, saying, I will be happy when...? Your state of being has less to do with your external life, and everything to do with your attitude, perception, and choice to be that way.

Write down five things that you are happy about today.

Creating your ultimate life

Write down a design for your ultimate life.

- 🧠 What does it look like?
- 🧠 What does it feel like?
- 🧠 What sort of person are you?
- 🧠 What does your ultimate relationship look like?
- 🧠 What does your ultimate work feel like? Maybe you want to be doing your purpose but don't know what it is yet. Fine, just write for now, I want to be doing my purpose.
- 🧠 What are some of the things you would like to have achieved and experienced?
- 🧠 Do you have goals for travel, adventure, further education, making a difference in the world?
- 🧠 Do you want to write a book, start your own business, reach peak fitness, or do a Himalayan trek?
- 🧠 How about your inner world? Would you like to develop inner peace, have greater self-esteem and confidence, or laugh more?

Write down anything and everything you can think of.

Use this list as a point of focus for your life and as a message to the universe, showing clearly what you would like to create. Ask to be shown that way to create it, ask for help, for support, for guidance. Your angelic helpers need you to ask before they can act.

Please note, now more than ever we are connecting with that which is in alignment with our true essence. That which isn't usually has to go. If we don't get what we ask for, it may be that something better is on its way or it isn't the right time. Be patient.





Create with the energy of your path only. That is, rather than writing you would like a relationship with so-and-so (this involves their energy which is for their use), write what you would like in a relationship or simply say you would like a relationship that is perfect for you in every way.

Take time occasionally to review your list, adding, changing, and deleting as your life Journey progresses.

Seeking guidance

If you could talk to anyone, whether they be from history, from the future, or from the present, whether fictional, mythical or real, a legend, a family member or friend, who would you choose? Write as many names as you can think of. Taking one name at a time, write what you would say to that person. What would you ask them? Imagine they are responding to you, what are they saying? If nothing comes at first, just put your pen on the page and start writing whatever comes into your head. If you feel as if you're making it up, don't worry. This is a natural reaction when you first start this kind of exercise. When you're done, read through all you've written. Are there any messages or words of wisdom in there that are helpful to you, or is there something you really needed to hear right now? Whether you feel these words are coming from your intuition, your mind, or a spiritual connection to these beings, this can be a wonderful source of guidance and advice.

Success

Do you feel successful today? If yes, why? If no, why not? Answer both and write as many reasons as you can think of.

Answer the following in your journal. Has any of your current perception of your success, or lack of, got to do with the opinions and expectations of other people? What is your definition of success? Would a new definition be healthier and more productive for you? What really matters to you? Write a new definition with your heart as the guide.

Make it simpler to follow your heart, to be true to your soul, to be kind to yourself and others. Ease up on the complex definitions of success, with so many pressures and expectations, and see it and yourself in a new light.

Changing your day

If you could change one thing about your day that you feel would positively influence your life, what would it be? Would you go for a walk in the morning, not smoke, smile more, yell less? Would you talk to yourself in a kinder way or let someone else do the dishes for once?

Why do you want to do this? For one day, give it a go.

Come back to the prompt after you have had your day of change. How did that feel?

What would you have to do in order to have this kind of day more often? Write any obstacles and try to find ways to reduce or clear them. It will be easier to maintain the positive change if you know why you are doing it, be clear about that. In your journal, make notes on how good the change feels that you can read back as motivation whenever you feel yourself going back to the old ways.





When I Was 5

- 🧠 Name one thing you loved to do before age 5.
- 🧠 In what way do you, or can you, continue to do this in your life today?

Joy

- 🧠 When was the last time you experienced joy? What was it about that moment that made you feel joy? Describe what it felt like. How can you create some joy in your life today?

Sentence starters

- 🧠 Stuck on a way to start today's journal entry? Try this sentence starter:
- 🧠 It is easier to go with the flow when I let go of...
- 🧠 It is easier to accept this situation when I...

Or try one of these:

- 🧠 One way to lighten up my life would be to...
- 🧠 I need to remember my life toolbox whenever I am feeling...
- 🧠 I have faith that one day...
- 🧠 My ultimate relationship would be...
- 🧠 If I had a year in which I could do anything I wanted, I would ...
- 🧠 Something I have wanted to do in a long time is...
- 🧠 I believe money is...
- 🧠 I believe love is...
- 🧠 If I had \$1 million, I would...
- 🧠 I deserve...
- 🧠 Five things I believe about life are...
- 🧠 Five things I believe about myself are...

- 🧠 On my journey thus far, three things I have learned about life are...
- 🧠 On my journey thus far, three things I have learned about myself are...
- 🧠 Taking action toward my ultimate life/self makes me feel...
- 🧠 If I had to describe my ultimate self, I would be...
- 🧠 If I had to describe my ultimate life, it would consist of...
- 🧠 If I could be granted three wishes right now, I would wish for...
- 🧠 What I am most afraid of is...
- 🧠 What I love most about my life is...
- 🧠 What I would most love to change about my life is ...
- 🧠 Five things that I love to do are...
- 🧠 Five things that I am really good at are...
- 🧠 Five things that I am grateful for are...
- 🧠 What I really need right now is... .
- 🧠 What I really want right now is... .
- 🧠 If I could do anything I wanted I would.

Today I...

- 🧠 Today I am...
- 🧠 Today I feel...
- 🧠 Today was...

Journaling benefits

Journaling is one of the simplest and greatest ways to develop a greater understanding of who you are, how you came to be that way, and where you want to head from here.

- 🧠 Clarity and often new perspectives are gained as you transfer the mental challenges of your daily thoughts from the mind to the page. It is both a form of meditation and a mental de-tox.





- An outlet for your angst - Pent up feelings and emotions are recognized and released that may otherwise remain inside you or be released in a way that is not in a positive nature. Just as physical exercise does this for your body, journaling does it for your mind, heart, and spirit.
- Blocks and obstacles that no longer need to be in your life are removed as you discover their existence and un-cover the source from which they came.
- Ideas and dreams that haven't surfaced for years, or perhaps have never yet surfaced, come up as you re-connect with your passion and purpose. Your heart and soul's desires become more and more

known to you and can be ignored less and less.

- Insights emerge as you deal with issues and overcome hurdles. Life is a learning process and journaling is one way to remain conscious and connected to your experiences, learning as much as you can from them.

Reasons for keeping a journal are many, but probably the best reason of all is it helps you to become the person you know you are here to become, allowing you to live the life you were born to live.

"Promoting recovery through self-help."

