

## Journaling

Writing down your thoughts is helpful in many ways. First, Journaling gives you an opportunity to reflect back on a situation or encounter that you had during the day. By documenting this, you will be able to look back on it with more of a rational view. Once we are further removed from a situation, we are able to critique in a more objective light.

Another advantage we have is that we are able to detect patterns in our moments of discomfort. We could determine if people, places, times, or situations have an impact on how we feel. Once we are able to detect patterns, this would enable us to better prepare for them.

Journaling will also allow us to observe how our thoughts affect our feelings. Research supports the fact that our impressions have a great influence on our emotions. We could identify these thoughts and begin to alter our perspective on the situation. The events in our lives may not change, but our perspectives can.

Lastly, by Journaling, we will be able to see the changes we have made in our lives. We will be able to recognize that the changes that we have experienced were not coincidental. These changes happen through an active process. This will be helpful to have these changes documented to enable us to continue to progress and have these changes documented in case other situations arise in the future.

## Areas to cover

- \* The day's events
- \* Moments of distress. Include who you were with, when it happens, and what you were thinking.
- \* How long the moment of discomfort continued.
- \* How the situation ended.