

## Journalling: A tool for insight and recovery

- Resource by Silvia Purdie, [www.conversationscounselling.nz](http://www.conversationscounselling.nz)

### Body Head Heart Journalling Exercise

#### Page 1

When something is bugging you ...

Choose a specific incident that has left you feeling bad.

Write about what happened. Try to get things in chronological order ... this happened, then this happened, then so-and-so said ... and I said ...

Tell the story in an objective way.

#### Page 2

Divide the page into 4 quarters:

<p><b>Body</b></p> <p>List the things you felt in your body ... <i>physical sensations</i> (during that event and also now as you remember it)</p>	<p><b>Heart</b></p> <p>Name the feelings you remember feeling ... <i>emotions</i> (during that event and also now as you remember it)</p>
<p><b>Head</b></p> <p>Try to catch the things you said to yourself inside your head, especially what you tell yourself about yourself. ... <i>self-talk</i></p>	<p><b>Truth</b></p> <p>Decide if what you tell yourself is true. Choose some thoughts that might be more true, and more helpful. ... <i>affirmations &amp; truth coaches</i></p>

#### Plus ...

There are heaps of online resources out there, such as:

**'How to start journalling'**, Better Up:

<https://www.betterup.com/blog/how-to-start-journaling>

I love this picture from Barefoot Coaching:

<https://barefootcoaching.co.uk/blog/when-the-going-gets-tough-the-tough-get-journaling/>

