

CREATIVE JOURNALING FOR DIFFICULT SITUATIONS



A Write for your Life guide

Journaling can't change reality but it can help you to accept what is and imagine a better future and be grateful, for something (I promise, there will be something). Here, I'm giving you three exercises to:

- **Acknowledge 'what is'**
- **Think about what might 'be lovely'**
- **Find something positive**

THE EXERCISES

Free-writing instructions - optional:

- Set a timer for five minutes - you can always write for longer if you get into the flow.
- Keep your pen moving, do not edit or look back - no grammar or spelling required.
- Go where your pen goes, trust it'll be useful - even if it's off topic.
- If emotions arise, carry on if it feels OK or write about something else and return when you're ready/have support.
- For each exercise, reflect on what you wrote, read it out loud for extra perspective.

It is what it is

In a difficult situation, it helps to accept 'what is' before trying to change things. It's not easy, no, but it's worthwhile. You don't have to like it, just accept that it's there; this situation, problem, discomfort etc. So here you're going to write about what's going on with a little distance.

Prompt: 'It is what it is ...'

Wouldn't it be lovely

Now you've acknowledged what's there, you can indulge in some time imagining a brighter future. This is one of my go-to exercises and is guaranteed to lift my spirits. Here you're just going to think about things coming to pass that you'd feel really happy about. **Start each sentence with 'Wouldn't it be lovely ...'** This can create a sort of rhythm - especially if you can focus on keeping your pen moving and not over-thinking. Don't worry if you repeat, it's all information.

Silver linings

Now you're going to find something positive in the original situation you wrote about and I promise there will be at least one, even if it's that you have a job from which you want to leave, for example. You don't have to be over the moon about it, but there will be things that have a positive impact on you. Write about one of those.

Prompt: 'On the plus side ...'

Guides in the series: Creative journaling for:

Headspace	Wellbeing	Writer's block
Success	Innovation	Difficult feelings
Happiness	Creating theme	Difficult situations

Plus: Greatest prompts, Where to find prompts and Benefits (plus top tips) of journaling.

I hope you found this guide useful. For information on creative journaling courses and workshops, contact me, Claire at: Cpsdayoff@gmail.com or go to Clairepearce.uk.