

# CREATIVE JOURNALING FOR DIFFICULT FEELINGS

## A Write for your Life guide



If you're not quite sure what to do with something you're feeling; something difficult: anger, overwhelm, fear or even excitement (which can be difficult for some) these exercises might just help you. You'll:

- **Externalise the internal**
- **Ground yourself**
- **Slow down and calm down**

## 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.

### Get it all out - 'Splurge'

Really let it out, Write fast, write hard if that's how you feel. I've ripped pages with my pen doing this. Let the thoughts and feelings come out as they are in your head, your journal is a safe space. This will release some energy through your pen though if you're super-tense, moving about before journaling is always a good idea (a one-song disco, a quick walk etc.)

### Ground yourself and be mindful - 'Six senses'

Now you're going to bring yourself into the here and now - being mindful can be transformative, either proactively or reactively, if you're feeling stressed, overwhelmed, anxious etc., this exercise invites you to write about everything you're experiencing, right now. What do you hear, see, feel, smell, taste, are you warm, cold, comfortable, etc. When you've finished, take a nice big breath.

### Calm down and clear your head - 'And breathe'

Now we're going to slow things down. Write, 'calm' and 'slow' and whatever else makes you feel calmer. Just repeat and write down those words slowly and mindfully. 'Everything's going to be alright,' is one of my favourite prompts. If you can't image that it is (going to be OK) channel someone you find comforting through your pen to tell you why it is. This sounds a bit strange, but take a leap. I like to use Morgan Freeman.

*These exercises are never meant to replace meaningful one-to-one work. If you need support, please see my resources section at Writeforyourlife.uk.*

### 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.*