

How to Journal About Feelings

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Here's a simple guide on how to journal about your feelings:

1. Find a quiet and comfortable place where you can write without distractions.
2. Start by writing down the date and the time you begin your journal entry.
3. Identify the feelings you are experiencing in that moment or experienced earlier in that day. This could be a single feeling or a combination of different feelings. Start with what makes sense to you.
4. Write about the events or situations that are tied to those feelings.
5. Describe the physical sensations you are experiencing in your body with those feelings.
6. Reflect on how these feelings are affecting you and your life. Where or when in your life do you notice them? What impact do they have on your thoughts, behaviours, and relationships?
7. Write down any insights or realizations you gain from journaling about your feelings.
8. End your entry by writing down three positive affirmations or three things you are grateful for.

Here are some sample journaling prompts you can use:

1. How am I feeling today?
2. What events or situations brought up these feelings for me?
3. What are some healthy ways I can support myself as I deal with challenging feelings?
4. What am I learning about myself through journaling about my feelings?
5. What are some positive things that happened to me today? How did it feel to experience them?
6. What are some skills I am trying to build within myself that I can express gratitude for? (ex. "I am grateful that I had the courage to communicate my needs more assertively at work today." Or, "I am grateful that I prioritized myself by carving out the time to exercise this morning." Or, "I am grateful that I challenged myself to be more vulnerable and talk about my feelings with my partner.") What makes these things meaningful for me?