

## Journal Structure

This is a structure for journaling in between therapy sessions. It's a way to get out some thoughts, feelings, hopes and celebrations. It is only for you. There is no need to share. The idea is that you develop a space within you which you can talk positively and hopefully to. This place accepts you in all your parts.

Ideally this is done daily soon after waking for around 15 minutes. If this is not possible, do it when and for as long as you can.

### 1. Now

- What are you noticing about yourself now?
- What are your bodily sensations?
- What emotions are around?
- What can you see, hear, smell etc?
- What parts of you seem most present?
- What sort of attention are the asking for?

### 2. Yesterday

- What are your reflections on yesterday?
- What feelings were around?
- What thoughts?
- Did you do anything yesterday that you are pleased with?
- Did you learn anything yesterday which might be useful to remember?
- What parts of you were most present yesterday?

### 3. Today

- What are your plans for today?
- What are your hopes for today?
- What are your worries for today?
- What might help to settled worried parts?

If you are comfortable with thinking about the parts of you – you might find this short meditation helpful in starting the day and it can be useful before journaling.

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