

Journaling

Journaling (writing down your thoughts) is helpful in many ways. First, Journaling gives you an opportunity to reflect on a situation or encounter that you had during the day. By documenting this, you will be able to look back on it with more of a rational view. Once we are further removed from a situation, we can critique in a more objective light. Another advantage we have is that we are able to detect patterns in our moments of discomfort. We could determine if people, places, times, or situations have an impact on how we feel. Once we can detect patterns, this would enable us to better prepare for them. Journaling will also allow us to observe how our thoughts affect our feelings. Research supports the fact that our impressions have a profound influence on our emotions. We could identify these thoughts and begin to alter our perspective on the situation. The events in our lives may not change, but our perspectives can.

Lastly, by Journaling, we will be able to see the changes we have made in our lives. We will be able to recognize that the changes that we have experienced were not coincidental. These changes happen through an active process. This will be helpful to have these changes documented to enable us to continue to progress and have these changes documented in case other situations arise in the future. Areas to cover

Goal for the week:

Risk areas:

Activities that can impact my recovery

How I plan to manage them

How was my sleep last night?

What was the most difficult challenge

What did you

What do I feel grateful for today?

Did I feel any urges today?

Length of urge

Who was involved

What tools did you use

What I learned for next time

- What patterns do you notice after reviewing a few entries?
- Are there times of day or specific triggers that show up more than once?
- What coping strategies have worked best for you?
- What can you plan for or avoid next time?