GENTLE JOURNALING

**Purpose:**
To release confusion, overwhelm and racing thoughts, slowing down your process, by writing and acknowledging your thoughts, feelings and perceptions.

**Use when:**
- Having fast, racing or jumbled thoughts
- Feeling confused, conflicted or disconnected
- Feeling the need to re-connect with yourself

**Common experiences:**
- Centering and settling
- Thoughts slowing and calming down
- ‘Connecting the dots,’ feeling greater clarity and connection

**Steps**
While in a safe place, gently jot down your thoughts, feelings, perceptions and experiences. Use your computer or I-pad, or old-fashioned pen and paper, or journal. Don’t worry about spelling or grammar. You can jot down the thoughts as they come; or just write short phrases (not even full sentences). As you write, notice those thoughts and phrases that are most emotional and/or most meaningful for you. (These you can mark with a *, underline or highlight, if you wish).

You can direct your journaling with questions such as:

1. **What am I noticing in my body right now?** (Just 2-3 words, or a short phrase).
2. **What am I feeling emotionally?**
3. **How connected do I feel with myself and others?**
4. **What I’m doing to take care of myself today:**

As you journal, you’ll be getting the thoughts and feelings out of your head and onto the paper (or computer or I-pad), where you can see and acknowledge and make sense of them. Notice how the thoughts and feelings shift, calm and re-organize just by writing and acknowledging them.

The information in this document is educational in nature and is provided only as general information for stress reduction. It is not intended to create, and does not constitute a professional relationship between Resource for Resilience project team members or the Association for Comprehensive Energy Psychology (ACEP) and the viewer. It should not be relied upon as medical, psychological, coaching, or other professional advice of any kind or nature whatsoever.