



Journal To The Self

Book Highlights

A Life Change Is As Close As Your Fingertips

Journal Therapy is an efficient way to open up new horizons of life

This book depicts different kinds of journals, how they can be used for specific results, and how to read & interpret them as they evolve.

Learn How To Write

Dialogues-to work through difficult emotions

Character sketches- calling cards for your sub-personalities

Lists- for clarifying thoughts & finding meditative solutions

Meditative Writing- to open up your consciousness

Topics duJour- to solve work & career problems

The SpringBoard

Often you sit down and write in your journal and nothing will come out.

A springboard is the topic sentence of your journal entry. It helps you focus, consolidate & clarify what you want to write about.

The aim is to get you into action but if you decide to veer off in a different direction, then LET IT BE

Types Of SpringBoard

Questions: Example- “What’s the most important thing to do?”

Quotations: They’ll help you have a rich, enjoyable opportunity to reflect and philosophize on a variety of topics

PRO TIP: Keep them short & simple

Character Sketch

It is a written description of another person, or yourself

It's a handy technique to see how you're coming across someone in a conflict

It helps you know the different parts of yourself in a more direct and intimate way

Projection

**The people that we draw into our lives are our mirrors.
Everyone with whom we have a relationship is our teacher**

**When we love/hate a quality of someone, it is possible that
we love/hate that same quality in ourselves. This
“mirroring” is called Projection**

**It's a handy technique to see how you're coming across
someone in a conflict**

Clustering

It's a fun, easy, spontaneous journal technique that helps you quickly access information. It is also called 'Mind Mapping/Webbing'

It helps in integrating the right and the left hemispheres of the brain by drawing from the characteristics of each

On the right side, it generates an easy flow of ideas in a random sequence whereas on the left, it provides a structure

Clustering

To begin, write a keyword/phrase in the middle of the page & draw a circle around it. Then start to free associate

Spin the thoughts in single words/short phrases. Circle each one & connect it with a line to the one before it

When a new association occurs to you, go back to the central word begin a new epicenter. Go all over the page

Clustering

Continue to work the cluster outward till the immediate possibilities are exhausted/you feel an internal shift from the randomness of association to a sense of clarity

When you feel such a shift, begin to write about the ideas

It is an excellent technique for school/work projects. It allows you to form a non linear outline from you which you organize a formal outline

Captured Moments

This journaling technique allows you to celebrate and savor the glory, anguish, serenity, sorrow, pain, and pleasure of life

It is a frozen morsel of time and preserves an instant feeling/sensation

It allows you to pull all the stops with your creativity, describing in detail the sensations & feelings of a moment in time & space

Dialogue

This technique is an exchange between you or someone where you play both the parts.

It's a conversation and seems to be a movie script on the page. Example:

Me: You're all very small

Fears: Fears don't grow, they multiply

Entering The Dialog

Create a pleasant environment

Give yourself plenty of time

Start with an entrance meditation

Warm up with any other techniques

Allow yourself to temporarily feel uncomfortable

Trust the process

Respect the silence

Exit gracefully

Entering The Dialog

Clarifying thoughts

Identifying patterns or problems

Brain storming solutions

Getting below the surface

Getting the past the obvious

Gathering a lot of information

Focusing attention on what's really going on

Stepping Stones

They are indicators that enable a person to recognize the deeper than conscious goals toward which the movement of his life is trying to take him

Stepping stones are significant points of movement along the road of one's life

They are neutral with pleasure, pain, success, failure & are just the markings that are significant to us

Time Capsule

This technique helps in saving time, but in a book

It's a versatile tool that reviews the activities of life and structures them into a cohesive story

They are periodic logs written on a daily, weekly, monthly, quarterly, and even yearly basis

Topics du Jour

It's a journal technique that allows you to start moving mountains, one boulder at a time.

It keeps an ongoing chronicles of your life at monthly interval

Number pages from 1 to 31. Monitor each area of you life from personal to professional on each page. Then, each day look at the topic that corresponds to the then date

Unsent Letters

These are a marvelous tools for teh 3 Cs: Cathrsis, Completion & Clarity

They help in expressing deep emotion like anger, or grief

These tools help in gaining closure & insight and are an effective way of communicating opinions, deepest feelings, resentments, and affections

Tips For Writing An Unsent Letters

Don't censor/ edit

Allow yourself to let it out even if it feels uncomfortable

**Consider destroying it, symbolising the release of the
negative feelings**

Disclaimer

**This is just a summary. For a better understanding,
reading the book is highly recommended**

This summary is as per my interpretation and learning

Please excuse any errors

Thank You For Reading

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