

Coral Valley Journaling Series

But, where do I start?

If you are a current Coral Valley client, you've undoubtedly heard your therapist encourage you to journal in between therapy sessions. Digging deeper in between sessions can help you maximize your growth throughout the therapeutic process. After all, therapy is just under one of 168 hours in your week! How much more might you uncover if you were to dedicate a little more time to intentional reflection?

Many of us have been there: We end a super productive therapy session feeling rejuvenated and invigorated, only to realize a few hours later: What was that profound realization I made? What were those powerful emotions I experienced? What did my therapist suggest that I reflect upon, again?

Even if you are not currently engaged in therapy, chances are, you've found yourself curious about journaling and how to get the process going. You've been hesitant to get started because you've wondered how and where to do so! In this month's *Coral Valley Journaling Series*, take a look at some helpful journaling prompts to get the reflective juices flowing!

Journaling to Get the Reflective Juices Flowing

- What is on your mind right now? Literally, right *now*? Go ahead and write about anything and everything that is on your mind in a stream-of-consciousness manner. Anything and everything goes!
- Take a few moments to reflect upon your day.
 - What was the best moment of your day? Why was it so great? What did you appreciate about it? How was that moment/experience grounded in your values?
 - What was the worst moment of your day? What was so hard about it? How did it challenge you? How did it challenge your commitment to your values?
 - What about your behavior and presence in the world are you proud of today? What did you do, and what drove you to behave in this manner? How is this connected to your values?
 - What about today would you do over if you could? Focus on your behavior, rather than the behavior of others, or on things beyond your control.
- If you are in therapy...
 - What were some important “aha” moments you experienced in session today/this week? What was said? What emotions came up for you? How are these realizations connected to who you used to be (i.e., your childhood)? What do they communicate about who you are today? How are they fueling—in helpful or unhelpful ways— who you are becoming?

More next month! In the meantime, may your reflections be meaningful!

