

Title: Discover The Healing Powers Of Journal Writing

Meta tags/description: Discover how journal writing can help heal your emotional wounds

Keywords: journal writing techniques, benefits of journal writing, journal writing ideas, writing in journal, journal writing prompts, journal writing exercises, writing

Body: Journal writing has become a part of my life I wouldn't want to miss anymore. The act of writing into a beautiful book while reflecting on my emotions, feelings and experiences is one that allows me to discover who I am and what makes me tick as a person. While the benefits of journal writing seem obvious, many people toy with the idea but struggle to get started.

Most get stuck with journal writing ideas and give up before they start. If you struggle with writing in a journal, feel free to use some of the following ideas to assist your creativity:

- Write small, daily excerpts of your continuing life story.
- Create a mind map with doodling and journal your progress with visual prompts.
- Set the timer for 10 minutes and write like mad.
- Ask yourself a question that needs to be answered and write down possible solutions.
- Daydream and write answers to questions like what if...?, I wish....., I want....., etc.

Journal writing prompts such as the ones above are great to get you going, especially if you are new. But what about the benefits? I'm glad you asked.

Journal writing benefits are huge. Many people find solutions to their everyday problems by writing into a journal. This has the benefit of making us more balanced, relaxed, happy. Big problems have the tendencies to become small when we write them down. Writing something down provides us with another perspective to the whole scenario. Afterwards we wonder why we got upset in the first place.

Although journals aren't just a platform for writing down problems, they are most often used to do exactly that. People seem to become more reflective when they have issues. If they are happy, they live. Happiness prompts us to live large, have fun, revel in the moment.

Other benefits of journal writing are the feelings of joy we experience when we solve a problem. Our journals will be a great tool to aid us in reading between the lines. Gain insights. Our subconscious mind has the ability to surface when we write in a journal. It will waken our awareness. It's a bit like dreaming. We gain so many insights into our life and why we do the things we do when we analyze our dreams. The same happens when we journal. We don't even have to purposely analyze our journal. Just by taking some reflective time (preferably daily) we will see patterns of behavior.

In short, journal writing is a very powerful healing practice. Every single person experiences moments that put pressure upon us. Dealing with these pressures can become unbearable for some, therefore making it even more important to write a journal. Feelings like stress, anxiety,

fear or depression can soon lead to a dangerous downward spiral. Journal writing eases this type of stress and even eliminates the need to see a professional in some cases. You owe it to yourself, to your happiness - to discover the healing powers of journal writing, if you haven't already done so.