



THERAPEUTIC JOURNALING TECHNIQUE: A QUICK GUIDE FOR MEN

Therapeutic journaling is a powerful tool to process emotions, gain clarity, and improve mental well-being. Follow this simple guide to get started.

WHY JOURNAL?

JOURNALING HELPS:

1. Reduce stress and anxiety (Smyth, 1998).
2. Enhance emotional clarity and self-awareness (Pennebaker & Chung, 2011).
3. Improve problem-solving and decision-making (Baikie & Wilhelm, 2005).

STEP-BY-STEP INSTRUCTIONS

1. **Choose Your Space and Time**
 - Find a quiet place where you can write without distractions.
 - Set aside 10-20 minutes daily or a few times a week.
2. **Gather Your Tools**
 - Use a notebook, journal, or a digital platform—whatever feels comfortable.
 - A pen or device for writing is all you need.
3. **Set an Intention**
 - Ask yourself: What do I want to achieve with this session? Examples:
 - Process a difficult emotion.
 - Reflect on a recent experience.
 - Clarify a goal or decision.
4. **Start Writing**
 - Use one of these prompts if you're unsure where to begin:
 - "Today, I feel..."
 - "Something that has been on my mind is..."
 - "I am grateful for..."
 - Write freely without worrying about grammar, spelling, or structure.
5. **Reflect and Close**
 - After writing, read what you've written if you feel comfortable.
 - Ask yourself: What did I learn from this? How do I feel now?
 - Optionally, jot down one actionable insight or step.

COGENT TECHNIQUE EXPLAINER SHEET



TIPS FOR SUCCESS

- Be honest with yourself. This is your private space.
- Don't judge your thoughts or writing.
- If writing feels overwhelming, start small—a few sentences are enough.

EXAMPLE ENTRY

Date: January 15, 2025

Prompt: "Today, I feel..."

"Today, I feel overwhelmed with work and responsibilities. I'm noticing tension in my shoulders and a sense of restlessness. Writing this down makes me realize I need to take a break and prioritize self-care this evening."

FURTHER READING

- **Baikie, K. A., & Wilhelm, K. (2005). Emotional and physical health benefits of expressive writing.** *Advances in Psychiatric Treatment*, 11(5), 338-346.
- **Pennebaker, J. W., & Chung, C. K. (2011). Expressive writing: Connections to physical and mental health.** *Oxford Handbook of Health Psychology*, 417-437.
- **Smyth, J. M. (1998). Written emotional expression: Effect sizes, outcome types, and moderating variables.** *Journal of Consulting and Clinical Psychology*, 66(1), 174-184.

BOOK A SESSION

