

JOURNALING STYLES

<https://www.facebook.com/groups/journeysthroughjournaling/>

<i>JOURNALING STYLE</i>	<i>FORMAT</i>	<i>PURPOSE</i>	<i>RESULT</i>
Reflective	Lessons Year in Review Life Review Dream Event Lists	Self-Reflection Strategizing	Awareness A Plan for Change A respect for yourself
Cathartic	Victory Journal (Giving Thanks) Unsent Letters Grief (loss)	Expression Clear your mind Writing through the pain	Healing Release New Ideas
Dialogical (advanced)	Inner Adult/Inner Child Unsent Letter Script	To gain Understanding Self-healing/therapy* Self-guidance Writing through the pain	Clarity More loving to ourselves and others A form of closure
Legacy	Letters Chain Link Family Ties Scrapbook	For children/Grandchildren Capturing Events in the moment Writing Your Story Preserving History	Peace Clarity Motivation Inspiration
Free Intuitive (advanced)	Proprioceptive Spontaneous	Open Your Heart Clear Your Mind Self-reflection Warm up	Creativity Spiritual Renewal Emotional Health Resolve Liberation

*Counselling and Psychotherapy Research, December 2009; 9(4): 234_240

RESEARCH ARTICLE - Dialogical journal writing as 'self-therapy': 'I matter' JEANNIE K. WRIGHT* School of Arts, Development and Health Education, Massey University College of Education, Te Kupenga o TeMatauranga, Palmerston North, Aotearoa/New Zealand Abstract