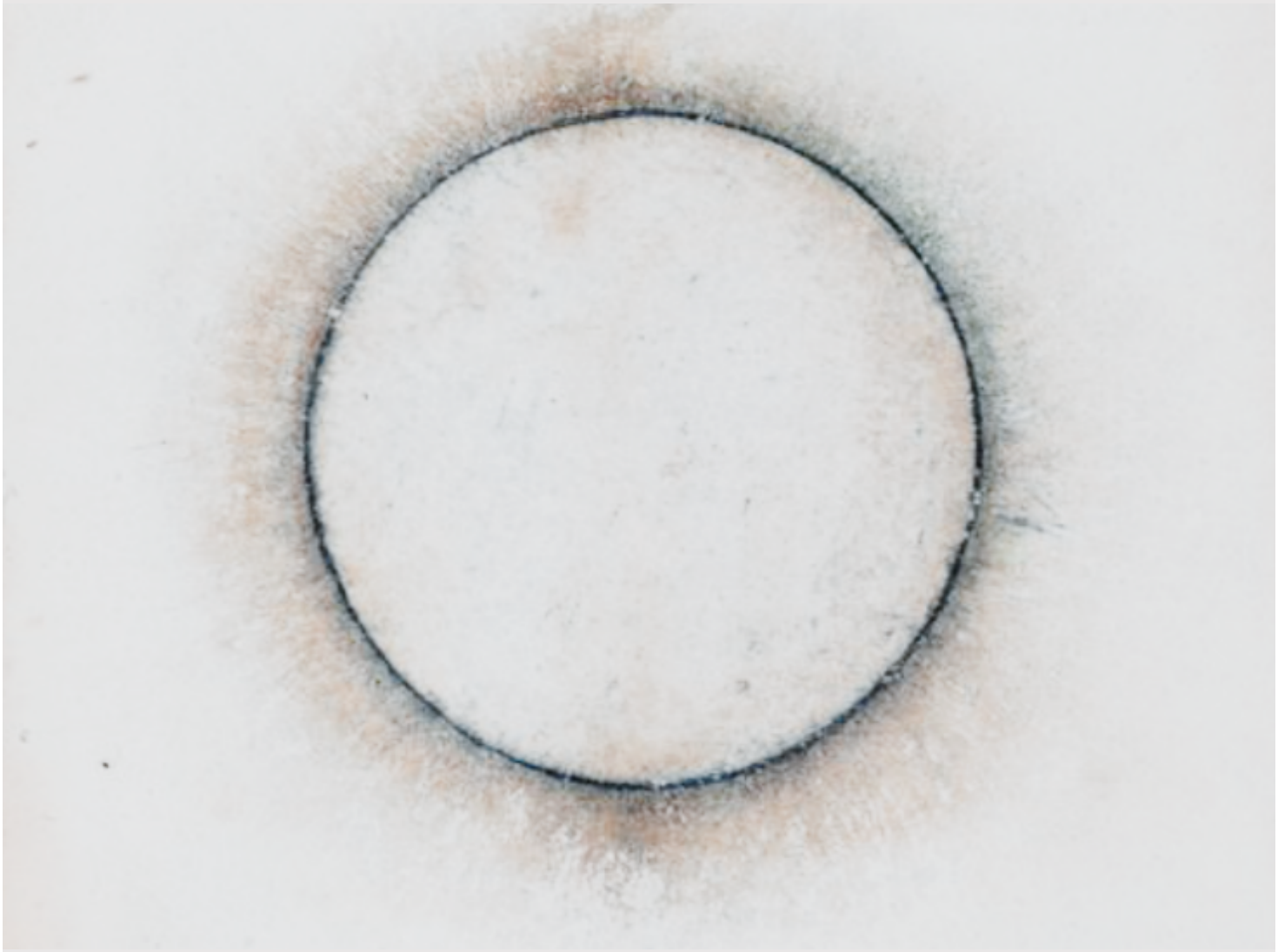
JOURNALING

FOR SELF-CARE & PERSONAL GROWTH



HEALING STORIES

For you

My name is Inge, psychotherapist and coach. This journaling booklet is for you, for those moments when you find yourself overwhelmed, lost in a sea of confusion and restlessness.

When you can't quite put your finger on what's troubling you and you don’t know where to start...

It’s okay.
Breath in and out...
And start here...

Inge Snijders

WHY

Journaling can be a powerful tool for managing feelings of overwhelm. It helps you express your thoughts and emotions in a safe and private place. You can recognize patterns and triggers, gain clarity about the sources of your overwhelm, practice self-compassion and more..
Research has shown that journaling has physical and mental health benefits,
Besides from all of that...It can help you gain a deeper understanding of yourself.
So, it’s an very accessible tool to help you grow..
Of course it’s important to ask the right questions.
That’s why this is for you.
So, try it yourself..

I find myself...

I'm feeling....

I feel these emotions in my body....

I recognise these feeling from....

It feels similair but there're different elements...

This is how I'm handeling this situation today...

This is how I always handled this kind of situation before....

This is the way I would like it to be...

These are my needs right now...

How can I give these to myself?

What can I do to make my situation better, right now?

This is what i'm grateful for.....(even now)

Be kind to yourself.
When you're growing, you're letting go
of parts of you.

This process can be difficult,
scary and at times, painful.

Give yourself the love and care you
need, even in the little things,
for these small acts can lead to big
transformations.

Thank you for doing the work.

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