

GET IT WRITE

Use journaling to express yourself

Materials: Worksheets, pencils, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

Journaling is a healthy way to express yourself.

What is journaling?

It's writing down your observations, feelings and memories.

By getting your thoughts out of your mind and onto paper, you can sort out and better understand your experiences.

Keeping a journal makes you look closer at your daily life, and what's going on around you.

Today, let's practice journaling.

STEP ONE

Think about this question:

Now that your loved one has returned home from deployment, what's it like?

STEP TWO

Answer the question by writing down your thoughts and feelings. You'll have 10 minutes. When the timer sounds, let's share our journaling.

(Set the timer for 10 minutes.)

JOURNALING: MY LOVED ONE'S RETURN

