

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**

A large rectangular area with a decorative, hand-drawn border. At the top, a black box contains the title 'JOURNALING: MY LOVED ONE'S RETURN'. Below the title, the area is filled with horizontal dotted lines for writing.

