

Post-Writing Reflection

After each journal session spend a moment reflecting upon what you wrote and what it was like writing. This process is an exercise in paying attention and it is important to bring self-compassion and curiosity with you when you reflect. This part of the process helps you separate yourself from the writing and what you wrote about and step back to take in any insights you might have come upon as a result of writing.

Use the following prompts to help with your reflections:

As I read this, I am:

- **Aware of ...**
- **Curious about ...**
- **Noticing ...**
- **Surprised by ...**

- What was happening in my body as I wrote? Where did this write “land” in my body?
- Did my handwriting or keyboard writing change?
- What did I notice emotionally?
- Any “aha” moments? Where did I feel them?

- Were there any fears present? If so, what were they?
- What values are evident? What did I learn about what is important to me?
- What needs have made themselves known? What need do I need to make sure gets met? How?

- Is there action to take? If so, what?
- What is my next step?
- How does this learning inform my current reality?
- Where can I best place my intention? My attention? My action?
- What is one thing I can do today?

Post-Writing Self-Care

If you wrote about something difficult, ask yourself:

- How am I feeling right now? (Head, heart, & body!)
- What do I need right now? What would be a loving thing to do for myself right now? (see self-care continuum and wellness check-in)
- If what you need is comfort because you just did some tough writing, what is comforting to you? Think of what you might do for yourself when you're sick – hot tea? Warm blanket? Comforting food (that you enjoy mindfully)? Self-hug? Comforting book or tv show? Bath? A Walk?

*Note – self-comfort and numbing/distracting may appear to be the same thing on the surface. The difference between the two is INTENTION! With self-comfort, we acknowledge that we are suffering and intentionally and mindfully choose comforting things that we need in that moment of suffering. With numbing, we go straight to things that we can use to distract ourselves and ignore how we are feeling instead of acknowledging it. See comforting vs. numbing handout.