

## **The Six-Minute Journal Dialogue:**

Writing in a journal, often a daunting exercise, can feel as though the page has turned into an ominous forest of scary things while the writer draws a blank. This simple exercise is designed to keep you focused and get you out of the blank stare.

1. Begin with your eyes closed and four focused breaths. Imagine you are sitting across from a feeling, such as fear. What does fear look like?
2. Begin writing. "Fear, I see you. You are... (Describe the fear as much as you can).
3. Ask your fear "What are you doing here?"
4. Ask your fear "When were you born? Why do you try to scare me?"
5. End with the question, "What do you need from me?"
6. Write the answers to these questions for 3 minutes and just let the emotion you chose talk to you.

Over the next three minutes take a moment and re-read what fear has said to you. Begin responding to your fear in a compassionate and kind voice. If you feel like you can't be kind yet, then pretend you are a best friend, mentor, or imagine some other kind person to write for three minutes to your fear. Use a timer for both exercises. When the six minutes is up put your journal away and notice what begins to happen internally as you use this exercise to nurture yourself. Here is a short example of what your writing to fear might sound like:

"I do see you over there, old and disheveled, trying to hurt me and intimidate me. I am sorry you work so hard at it. I am sad that you think making me frightened is a way of helping me. I wish I could help you transform all of that negative energy into really helping me. I care... "

I wish ....  
I want....  
I would....  
I care...  
I need ....

Use this exercise often to help you move toward your feelings. Choose any feelings you are currently struggling with in your daily life. Good luck, and remember to not exceed the six minute limit.