

Hello Students,

During our school closure, we are offering journal therapy as an alternative to in-person therapy. Journal therapy is a great way to increase self-awareness and insight, promote change and growth, and further develop your sense of self. Through various writing prompts and activities, we can continue to work on your counseling goals from a distance. We can provide you with writing prompts or you can free write and share your entries with your site counselor.

Below are examples of types of journal prompts you could write about:

1. What has your life been like the last week? What is one thing that went well, and one thing you wish could have gone better?
2. If you could know one thing about the future, what would it be?
3. What is something you feel nervous about right now?
4. What is your happiest memory?
5. What is something that you did that you are proud of?
6. I get mad when...
7. What calms you down when you get mad or upset?
8. If you could travel anywhere in the world, where would you go and why?
9. Choose a poem or a song that you like and read through it very slowly (what do you like most about it? What images come up? What feelings come up?)
10. What is an important lesson I have learned recently?

*Kind Regards,*

*Gridley Unified School District Counselors*