

# TWGGGE Journaling Guide

Have you tried journaling before? Maybe it's something you've heard about but you're not really sure where to start. Or perhaps you've tried it, found it helpful but not really stuck to it.

Journaling is a great tool for sorting out all those difficult thoughts flying around your head constantly when going through infertility or after pregnancy loss. It's a simple way to get all of those thoughts out of your head and onto the page. Leaving you feeling clearer and lighter.

It's one of the main things my clients love and say that makes such a huge difference to how they're feeling. Sometimes it can feel a bit weird, to begin with, but once you're over that hurdle you can use it anytime you need.

The most important thing to know about journaling is that there's no right or wrong way to do it. Where some people get stuck though, is with overthinking "am I doing this right?"

My answer to that is, that if it's popped into your head then write it down. And remember that this is for your eyes only, so you can write all the things you're not saying to other people. There's no need to censor yourself, let it all out.

It's your chance to look inwards and work out how you're really thinking and feeling. Now I know that can feel scary and there can be resistance to doing that. But honestly, this is how you work through these feelings, release the ones that aren't serving you and ultimately start feeling emotionally strange and like yourself again.

-Give it a go and see for yourself!

