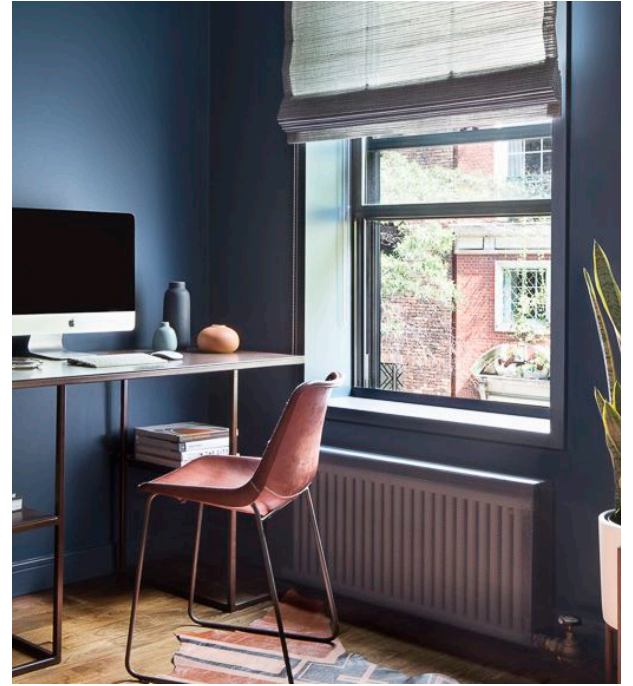


**Wakeful**  
Psychological & Consulting Services, PLLC

# Contemplative Journaling



## Gaining Insight with Curiosity

Meditative Journaling serves as the basis for Contemplative Journaling because it establishes the fundamental method of slowing down, closely observing and deliberately choosing what to write. A Contemplative practice adds a gentle focus upon a specific subject, increased curiosity and wonder about any and all things related to the subject. There's a desire to understand every aspect, no matter how small, about the subject. What we write is descriptive, contains questions, and we often pause to reflect on a possible answer to our own questions. Lightness is key and it's important to avoid a tendency to obsess or dwell in any one emotion. Allow it to unfold.

**Duration:** 15 - 60 min

**Frequency:** Every Other Day or Daily

**Time of Day:** Start/End of the Day

**Your Pen:** Fountain or Rollerball Pen Suggest, or One That's Easy to Use

**Your Journal:** Splurge on Something You're Drawn to and One with Paper You Like

**Writing Speed:** 1/2 Your Normal Speed or Slower

**What to Write:** Choose a subject, an issue or a question that you'd like to gain insight about. Write down what you're wondering about, struggling with, confused by or stuck on. Take different perspectives and ask yourself questions to unearth all unconscious details.