



Wakeful

Psychological & Consulting Services, PLLC

Envisioning Change Journaling



Purpose & General Instructions

Envisioning Change combines the Meditative and Contemplative Journaling Methods while adding visualizations, contemplations and eliciting specific feelings. *This will, literally, start to **rewire your brain** and allow you to change/improve more rapidly!*

Duration: 30 - 60 min

Frequency: Every Other Day, Until Change Stabilizes

Time of Day: Anytime

Writing Speed: 1/2 Your Normal Speed

Step 1: Choose a specific situation where you want to feel, think, communicate and behave differently. Next, write out in exhaustive detail how the situation played out. Choose an instance that was particularly difficult for you. When you do this, picture it, feel it, allow your

thoughts to be consumed by it as you recount the moments in order.

Step 2: Now that you've broken this down you can begin your redesign. First, make a list of the top two things you want to change. Think in terms of emotional management, how you communicate, how you listen or how you behave. Once you have your top 2, begin to rewrite the scenario.

Step 3: As you rewrite how you would respond, react, feel and think, engage the Contemplative Method by using curiosity to explore what blocks you. In Your minds eye, become a new way of thinking, feeling, and a calmer way of acting and communicating.

Be sure to work with your therapist to engage in the process efficiently and most effectively.