

Write to Release

Expressive Writing Journal

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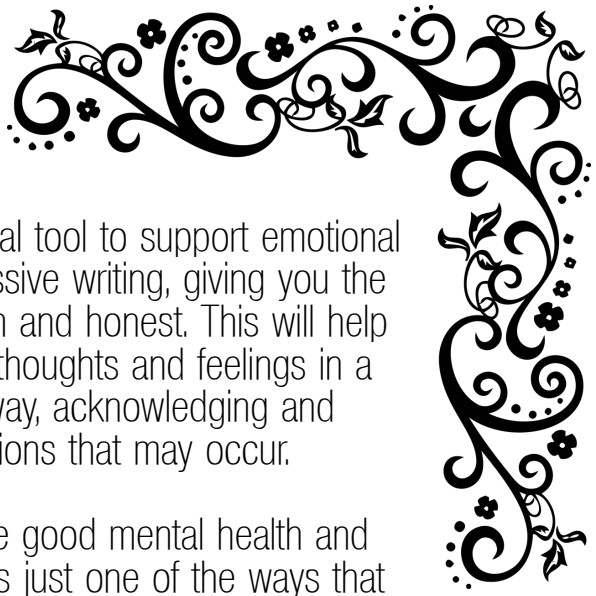
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DISCLAIMER:

The Write to Release materials is sold with the understanding that the creator of this journal is not engaged in rendering medical, psychological, or any other mental health professional services. If the individual/s require expert assistance or counselling, the services of a competent professional should be sought.

Introduction





This journal is a practical tool to support emotional healing through expressive writing, giving you the opportunity to be open and honest. This will help you to manage your thoughts and feelings in a non-judgemental way, acknowledging and accepting situations that may occur.

It is important to have good mental health and wellbeing. Journaling is just one of the ways that can help you to achieve this. Focusing on the positives and your strengths will make a big difference to your mindset.

It is also scientifically proven that writing can help with the healing process and has many benefits:

- Lowering blood pressure
- ✿ Strengthening the immune system
- ✿ Reduces stress, anxiety, depression
- ✿ Builds self-esteem
- ✿ Enhances personal empowerment
- ✿

**Remember, Your Thoughts And Feelings Matter,
So Take Care Of Them.**

Before you settle down to your journaling, take a few moments to sit quietly and focus on your breath. Breathe in peace, calmness, and release any stress, worries and/or anxieties you may be feeling.



*What Thoughts
Are Keeping Me
Emotionally Stuck?*

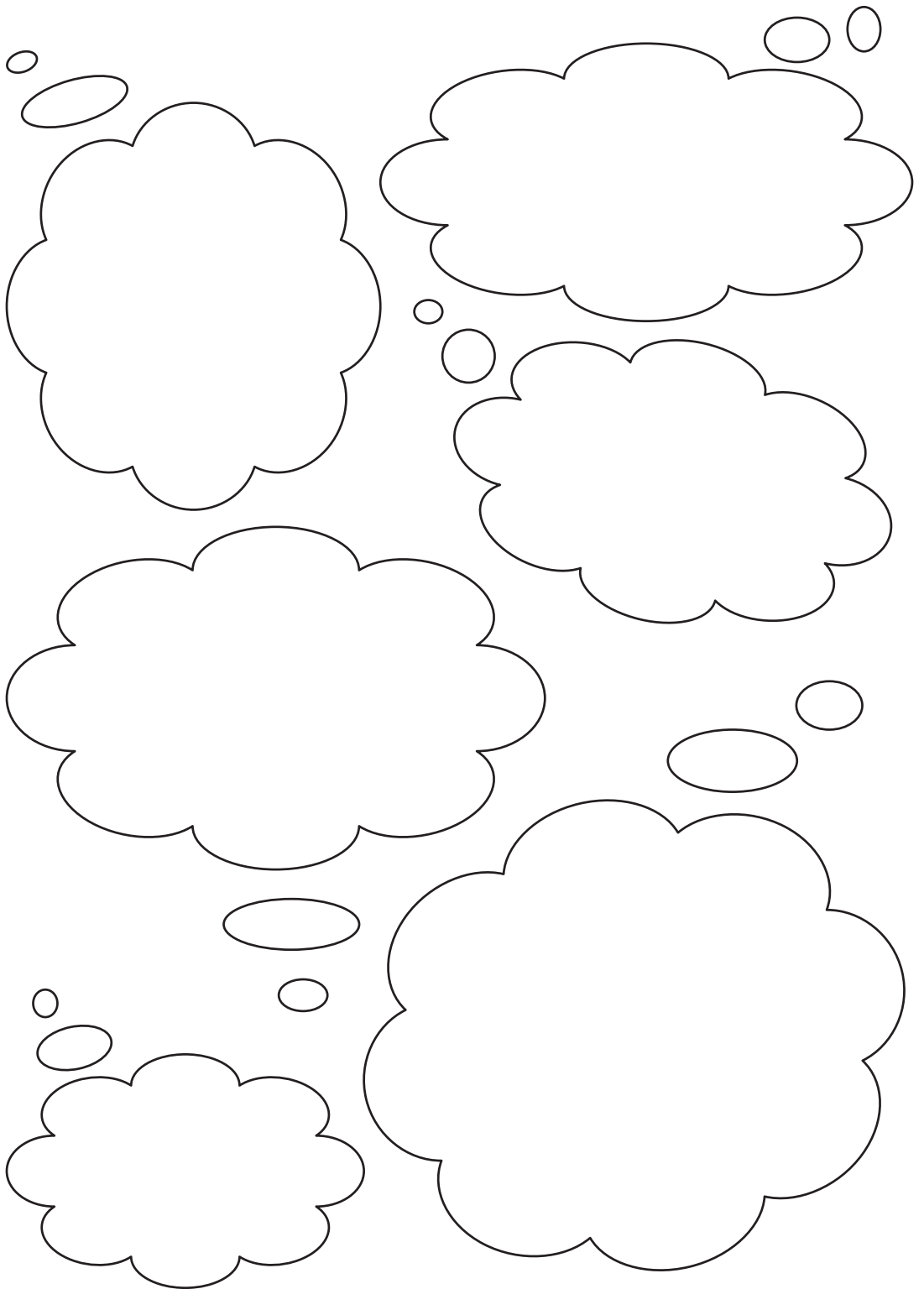


When I let the negative go
the positive will flow



My thoughts
are just that,
thoughts







My Positive Thoughts Of The Day

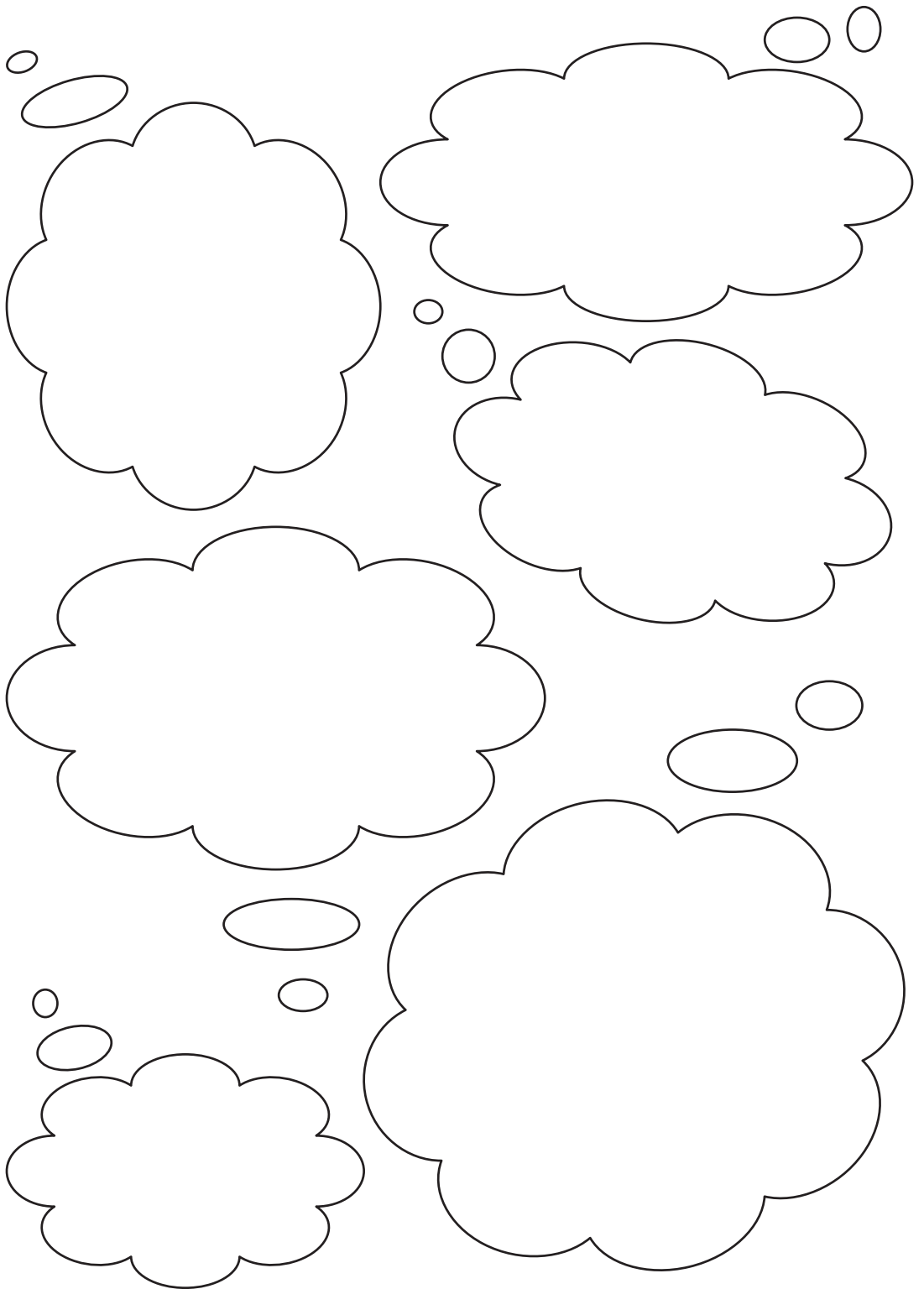


Positive thinking helps me to move forward

It is safe for me to release my thoughts

I'm in charge of my thoughts





I Am Positive Affirmations

I am in control of my thoughts and feelings.
I am worthy of having a great life
full of happiness, joy and respect.
I am beautiful inside and out.
I am important.

I am successful in everything that I do.
I am abundant.
I am loved.
I am awesome.
I am thankful.

I am grateful for everything that I already have.
I am confident.
I am resilient.
I am empowered and strong.
I believe in myself.
I love myself.

My Positive Affirmations
