

Tips for effective journaling

- *Everyone is welcome. Invite all parts of the mind to journal. Do it in writing.... in your journal*
- *Your journal must be a safe place. No one will be punished for anything they write in the journal.*
- *Ask questions - that's the key.*
- *Don't judge the answers.*
- *Allow the responses to simply be what they are.*
- *You need to understand how your parts think and feel*
- *Your goal is to get the information you need to know all parts of the mind.*
- *There are no right or wrong answers.*
- *Simply ask the questions and record the responses.*
- *Don't censor, just quietly observe.*
- *If a response leads to another question, go ahead and ask it.*
- *If you're disturbed by a particular response, ask if there are others inside who would like to respond, others who have a different point of view perhaps.*
- *If you need help, get help. Ask for it - inside and out.*
- *If some part of you gives a response that you didn't expect, ask for more information. Look deeper.*
- *Ask others to answer the same question.*
- *Keep asking questions. Expect the answers. The answers will come. Go back to unanswered questions later, or ask someone else to respond. If you don't get a response, gently ask again. Insist on cooperation and you will get it. If it's not happening, ask - Why not?*
- *Keep asking questions. Try a different approach. Ask others who have been helpful before, to help again.*
- *Set your intention. Your intention is to work together, to support each part to heal, to be happy, and healthy, and whole.*

Questions to get a dialogue started

- *Who needs to talk?*
 - *Who are you?*
 - *Do you have a job?*
 - *What do you usually feel, or how do you usually behave?*
 - *Are you okay with that?*
 - *What can we call you?*
 - *How did you come to be?*
 - *Are you aware of the others inside?*
 - *What's going on inside, or what's going on with you?*
 - *How do you feel about the current situation... problem... event?*
 - *Are the feelings old feelings?*
 - *Are the feelings based in the present in any way?*
 - *Are there others who feel the same?*
 - *What do we not understand that you want us to understand?*
 - *Why do you do what you do?*
 - *Is there something you need help with?*
 - *Are you confusing old time (childhood) with now time (the present)?*
 - *What are we missing?*
 - *Can you tell us something that we don't yet know?*
- *Do you ever feel safe? Do you feel safe now?*
 - *Are you trying to protect the others? How do you protect yourself, or others? Is it working?*
 - *Do you feel misunderstood? By whom? By the others inside? By me? By someone outside? By the world?*
 - *Do you know things that you want to share?*
 - *Is there anything right now that feels like it's 'too much'?*
 - *Do you have enough helpers?*
 - *What would help?*
 - *What do you need from the others, from me?*

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