

Being Friends Together

Ways of Working > Individual or 1:1 Reflection Processes

Journalling guidance

Journalling is a way of using words and/or images to explore aspects of our lives. A journal is usually for our own eyes only, so there is no need to worry about how we express ourselves, or whether we are doing it 'properly'.

1. A journal can cover any or all of the following (and plenty more – the possibilities are endless):
 - a record and reflections on the events of the day, perhaps looking for the presence of God in that day
 - reflections in response to a particular question
 - exploring memories or incidents that have been important to us
 - conversation with / a letter to God, or a person who is significant for us
 - a record of creativity and activity (eg. gardening, craft work, painting)
 - a prayer journal eg. people you want to pray for, practices you have explored
 - a record of things you have been grateful for on a particular day
 - writing about 'griefs' and 'joys' during the day, or any period of time
 - a record of books or articles you have read that have struck you particularly, including any quotations that you want to remember
 - photos and drawings of people, places, animals, projects
 - responses to specific activities on a course such as 'Becoming Friends'
 - reflections on ministry in meeting for worship or sermons, articles etc
 - stories, poems, prayers
2. You may want to bear in mind these suggestions when working with a journal (and 'write' includes anything you might do in your journal, such as draw etc):
 - write spontaneously, without judging what you are writing
 - write whenever you feel like it, rather than setting a rule
 - write honestly
 - write about what really matters to you
 - value the different approaches and apparent contradictions that you bring to your writing – they may reveal much to you

An extract from *Becoming Friends: Living and learning with Quakers*, Ginny Wall, Quaker Books, 2010, reproduced with permission

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