



Journaling & Graphotherapy

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# **Write now with Aditi Surana**

Free Anti Anxiety Journaling Workshop

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DAY 16



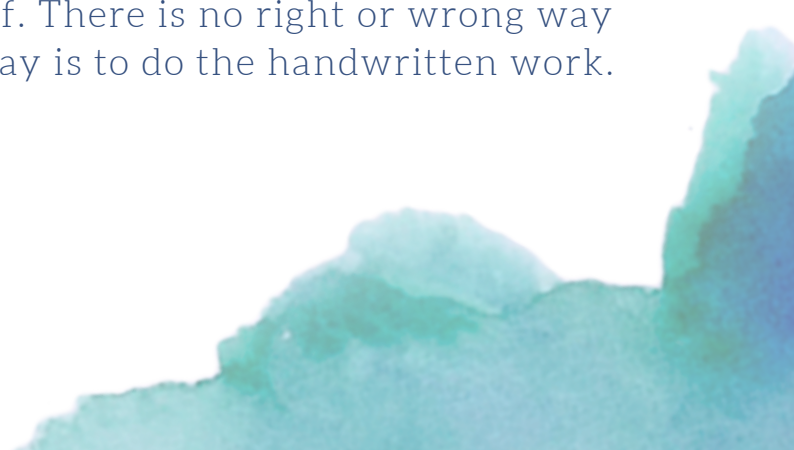
Hello storytellers,

Welcome to all those who are starting the Write Now journaling process today. You may have many questions in your mind right now. Is this simple? Yes. Is it easy? No. Is it transformational? Yes. Is it a quick fix? No. Will I really get benefitted by it? Yes. Is it ok if I understand this concept without actually writing it with my hands? No.

Why do we respond to different questions every single day? Your mind is like a search engine. If you ask a question then in moments it dives deep and digs out all possible references it can connect to. Try it: Do you like europe? All your visits, visits made by your family members, facebook/instagram photos of your friends in europe, movie scenes, bollywood songs, politics, brexit etc. etc. will pop up in your mind. You know what I mean. :)

We are consciously building a process where I am using this same mechanism of your mind to dig out emotional patterns, deep rooted hurts, fixed ideas, doubts, beliefs, disappointments, painful memories. Keeping the thoughts & emotions that weigh us down in our system is like nursing an infection. Ignoring it won't solve the problem, it will increase it. Over analysing it will only create phobia. You need to accept that you are infected, look at the intensity of the infection and remedy it. We are trying to do the same with our emotions.

I am inviting you all - whether you are one day, one week or 16 days old in this journaling workshop - no matter how far you have come on this journey - to look at every question is like a vacuum cleaner. It has a capacity to go and hit a specific point. It can shatter the castle of your anxiety by attacking it's foundation. At times, it is painful. At times, it can bring relief. There is no right or wrong way of this process. The only correct way is to do the handwritten work.



Let's get to today's question: **What story are you narrating right now?** Stories are powerful. Your personal story is the lens through which you look at the world. You are the protagonist, the hero or the heroine of this story. It may have some facts but most parts are built on what you felt, perceived, understood about the situation. This narrative is not good or bad, it is not correct or incorrect. You need to acknowledge the tone of your story right now. Not in the future, not in the past. Right now.

Day 16  
Date: \_\_\_\_\_

[illegible]

Question of the day - 'What story are you narrating right now?'

## Day 16

Date: \_\_\_\_\_

[illegible]