



Journaling & Graphotherapy

Write now with Aditi Surana

Free Anti Anxiety Journaling Workshop

DAY 8



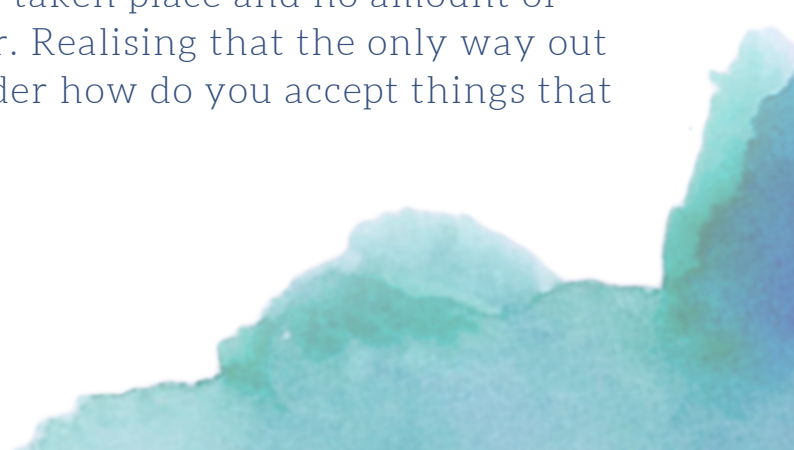
Hello couch lovers,


Thank you for being part of day 8 of our journaling workshop and let me also welcome those who joined in today.

The simplest way to make this process work for you is to put it into action. In the past few years of using graphotherapy with clients, I have come to realise that most people suffer from Day 8 - Day 10, when it comes to keeping a new routine. Some form of complacency sets in and the mind starts wondering 'why are you doing this writing thing anyways? What's the point of it all? I can answer Aditi's questions mentally and I will still figure it out.' Don't give in. Stage 1 of resistance was the physical pain that some of you experienced. Stage 2 of resistance is the intellectual doubt. Your mind is claiming its status quo, comfort zone & old familiar patterns. Remember Dory's words from Finding Nemo - 'Just keep swimming!'

We are in an unprecedented situation right now & no one can predict what would happen on the other side of this journey. Though we are unprepared to deal with this crisis, we are not oblivious to dealing with a crisis. We all have experienced it several times on a personal level. Accidents, health issues, professions mishaps, relationship disasters. If you take a moment to observe what we do when we go through a crisis, you will see a tipping point - A point where the mindset of feeling stuck in the problem turns around and you start looking for the best possible solutions. This tipping point occurs when your resistance turns into acceptance.

By that I don't mean meek compliance to anything and everything that shows up in front of you. I am rather referring to accepting that this accident, problem or crisis has taken place and no amount of resistance would make it disappear. Realising that the only way out is the way forward. You may wonder how do you accept things that are painful or hurting?





Let me quote a Japanese author Haruki Murakami from his famous book 'What I Talk About When I Talk About Running'. He wrote - "Pain is inevitable. Suffering is optional." Say you're running and you think, 'Man, this hurts, I can't take it anymore. The 'hurt' part is an unavoidable reality, but whether or not you can stand anymore is up to the runner himself."

Now, let's dive into today's question -

'What would change if you accept this situation right now?'

You can apply this question to your house arrest, to your irritable argument, to your past references or even to the annoying decisions made by global leaders. Enlist situations that are bothering you the most, holding you by the neck and ask this question. Write it for a minimum 10 mins.

Graphotherapy practice of the day - The flow of thoughts stroke

Day 8
Date: _____

[illegible]

Question of the day -

'What would change if I accept this situation right now?'

Day 8

Date:_____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.