



Journalling for Emotion Management

Use the power of writing to obtain clarity and control over your emotions.

The Science and Theory



Writing about one's emotional experiences helps bring clarity and control to one's feelings. Scientific research shows that writing in a structured, guided way helps alleviate mental health struggles and promotes well-being. Grounded in research on narratives and expressive writing, this module offers a gentle introduction to the practice of journalling about experiences.

The Practice



In this module, you will learn:

- The science of narratives and expressive writing
- Writing to recognize and reappraise challenging emotions
- Writing to recall and remember positive emotions

The Module



This 2-hour module introduces you to expressive writing.

- Part 1: Write to better understand your emotions
- Part 2: Write to recover from setbacks
- Part 3: Write to recall positive experiences
- Part 4: Write to remember significant events

Complementary Modules



This 2-hour module pairs well with:

- Module 1: Emotional Intelligence
- Module 6: Thinking Skills for Resilience

Our Approach



Our Emotivity micro-skills courses follow our **ARC (Acquire-Refine-Cultivate)** model. We believe that learning works best through not just the acquisition of new information, but when learners have opportunities to refine, adjust, and then cultivate their newly-acquired skill. Our ARC approach follows principles from educational and positive psychology to deliver a learning experience that is evidence-based, relevant, and ultimately, practical. Our modules can be offered in-person or remotely.

Contact Us



For more information on this course, or to engage one of our trainers for your session, email teeyj@help.edu.my

Web and Resource Article



- www.emotivity.my
- <https://emotivity.my/the-road-to-healing-begins-with-a-single-sentence>

References



- Guo, L. (2023). The delayed, durable effect of expressive writing on depression, anxiety and stress: A meta-analytic review of studies with long-term follow-ups. *British Journal of Clinical Psychology*, 62(1), 272-297.
- Pennebaker, J. W. (1997). Writing about emotional experiences as a therapeutic process. *Psychological Science*, 8(3), 162-166.
- Ruini, C., & Mortara, C. C. (2022). Writing technique across psychotherapies—from traditional expressive writing to new positive psychology interventions: A narrative review. *Journal of Contemporary Psychotherapy*, 52(1), 23-34.