



doodle journaling

ART THERAPY'S LITTLE COUSIN





why doodle journal?

Sometimes words alone can't carry the weight of what we're holding. Doodle journaling is a quiet, creative way to explore the sore spots in our hearts and minds — the ones that tug at us in therapy, in silence, in late-night thoughts. This practice helps make the invisible visible, so you can better understand what you need to feel whole.

This simple yet potent tool is designed to help people move through emotional pain by visually exploring it, identifying patterns, and imagining transformation — all grounded in the science of Positive Psychology.



your sketchbook ritual

This isn't a to-do list. It's a soft landing. A doodle-fueled adventure into the tender, tangled, and quietly powerful parts of you.



start by noticing what's tugging you

Keep a running list in a notebook, journal, or your phone. Jot them down as they surface in therapy, dreams, or moments of stillness.

give it a name, or just a whisper

Open your sketchbook. In the center of the page, write a word, phrase, or scribble that captures the feeling, memory, or sensation. There are no wrong answers here.



let your pens do the talking.

Doodle, swirl, scribble, collage. Use color and chaos. Draw stick figures or clouds or stars. Let your hands say what your head can't.

step back and look with wonder

Notice patterns, symbols, or repeated shapes. What's this page really about? What feelings are hiding in plain sight?



your sketchbook ritual

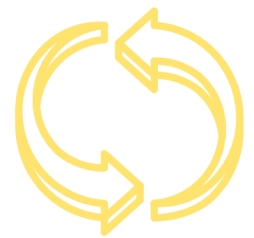


ask: what is this part of me trying to say?

No pressure to fix. Just curiosity. What does it need? What would help it soften?

flip the vibe

On a new page, imagine the opposite. The healed version. The lighter moment. Draw that — with hope, humor, or imagination.



Then — gently — wonder what might help.

One thing. One feeling. One whisper of a shift.

pick one tiny act of kindness

Just for you. Just for today. Maybe it's tea. Maybe it's a boundary. Maybe it's silence.



you have started something brave. and beautiful. keep going.



healing menu

After journaling, you might feel raw, tender, or unsure of what to do next. This menu offers gentle practices tailored to common emotional reactions that surface when we touch our sore spots.

if you feel...	practice	description
alone	connect with nature	sit by a tree, walk barefoot in grass, or hold a stone — remember you're part of a larger whole.
angry	punch paper or scribble fast	move the emotion through with safe physical expression.
anxious	4-7-8 breath	inhale for 4, hold for 7, exhale for 8 — repeat 4 times.
confused	mind map	visualize thoughts and associations around your feeling.
disconnected	loving-kindness meditation	repeat: "may i be safe. may i be loved. may i be well."
envious	flip to inspiration	ask: "what desire is hiding underneath this envy?"
exhausted	10-minute rest ritual	lie down with hand on heart and belly, breathe slowly.
guilty	identify your needs	ask: "what need is hiding under this guilt?" and honor it.
hopeful	seed it	take one small action that aligns with the hope you feel.
invisible	ask for reflection	ask a loved one: "what do you appreciate about me?"




healing menu

if you feel...	practice	description
judged	reframe the story	ask, "what else could be true?" and reframe your experience.
lost	name 3 core values	ask: "what do i stand for?" write a sentence for each.
not enough	the "i am" list	write 10 affirming "i am..." statements.
numb	sensory wake-up	engage 5 senses with textures, scents, or sound.
overwhelmed	do one simple task	choose a small action: water, make bed, breathe.
powerless	strength story	recall a time you were strong and identify the strengths used.
rejected	name your people	list five people who have shown you acceptance — even in small moments.
sad	joy jar	write joyful moments on slips of paper and collect them in a jar.
shame	write a forgiveness letter	write yourself a letter from the perspective of someone who deeply loves you.
trapped in the past	write a timeline of change	track key moments of personal growth and healing.
unlovable	pet or hold something soft	touch activates warmth and safety through oxytocin.
unworthy	self-compassion mirror work	look into your eyes and say: "you are enough. you don't need to earn your worth."

how to hold yourself accountable

Doing this work takes courage — but continuing it takes intention. Here are a few ways you can gently hold space for your own growth after this journaling process. Choose what feels doable. You don't need to do it all.

 At the same time each day, ask "What needs care today?"



ADD SOFT REMINDERS TO YOUR CALENDAR — "NOURISH," "PAUSE," OR "BREATHE INTO THE SORE SPOT."



Set one or more of these as recurring journal questions:

- "How have I honored my healing this week?"
- "What sore spot did I notice this week?"
- "Where did I feel most like myself?"

Set aside 20-30 minutes weekly to revisit your journal or create a new page.

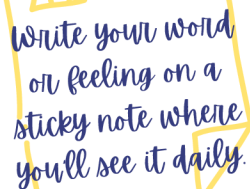


HANG A DOODLE, WORD, OR COLLAGE WHERE YOU CAN SEE IT EVERY DAY (MIRROR, DESK, CLOSET).



Ask a trusted friend to check in on your healing intention once a week.



 Write your word or feeling on a sticky note where you'll see it daily.

MAKE A PLAYLIST THAT REFLECTS YOUR DESIRED FEELINGS AND LISTEN WHEN YOU NEED REALIGNMENT.





✧ ✧ ✧ *keep going, gently.*

You've made space for feelings that often go unnoticed. That's brave. Keep your sketchbook nearby. Let it be a friend, a mirror, a map. Healing isn't a straight line — it's a series of soft returns to yourself.

You don't have to do it all at once. Just don't forget: you're worth coming back to.

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