



Journaling & Graphotherapy

Write now with Aditi Surana

Free Anti Anxiety Journaling Workshop

DAY 3



Hello Time bomb,

It doesn't matter whether you agree with me out loud or not. If you chuckled when I called you a time bomb, then you're already aware of all the little irritants that are getting to you. Imagine that all the dust in your house becomes one ball of dirt, wouldn't that make it easy for you to pick it up and throw it. The real problem is that the minute, stubborn, and at times even invisible particles are scattered all over the place. Now that is the exact nature of irritation, anxiety or worry, that is feeding your time bomb. It is minute, stubborn and at times even invisible.

Now let's come to today's question: We lead our lives by an enormous list of our preferences. There is no right or wrong way of folding a napkin, keeping a toilet roll (as long as you are not hoarding 52 of them), setting the table, speaking to a client or even making a leadership decision. Yes. There are your ways and then there are highways. Our preferences are merely our reference from the past. More often than not, they make us less responsive & more reactive.

Let's come to today's question: '*What do you require to do here right now?*'

This is an unromanticized way of looking at the situation at hand. Pick situations that are bothering you right now. Write them one at a time. Describe the situation and then ask this question again. Journal everything that comes to your mind. Just flow with it. Remember that you and I have agreed to do our best to make the most of this quarantine.

Graphotherapy practice of the day - The flow of thoughts stroke

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Date: _____

Question of the day -
'What do you require to do here right now?'

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