

# Focusing & Visual Journaling

**A gentle process using flexible visual templates for discovery, self-connection, and support**



Dana Hercbergs, Ph.D., LSW | [dana\(at\)proton\(dot\)me](mailto:dana(at)proton(dot)me) | +1-216-816-8675

[Visual Journaling Page](#)

Visual Journaling, or Focusing Journaling, is different from “regular” journaling.

This process invites exploration and transformation of your inner experience on the page—as colors, words, shapes, or movement.

Bypassing the analytical mind, you let signals from our body awareness to travel through the hand—via pencil or crayon—to the page. As this self-witnessing occurs, felt meanings begin to emerge. What you need unfolds into a next step.

(Instructions on Next Page)

# Steps in a Focusing Journal

## 1. Creating the Container

☞ A container supplies the holding space or grounding for your process. You may choose to use a "Being With" Figure (see below) to hold it all. This is a benevolent figure with a wide body that beholds all that comes with kind eyes. You are also welcome to create your own container that feels right for you, tracing it lightly. You can come back and adjust or add to it later. You may also wait after your journaling to draw it.

## 2. Clearing a Space Inside

☞ Take a moment to notice what you are carrying inside- thoughts, emotions, or sensations, even if murky.

☞ Jot them down as words or symbols, maybe in a place corresponding to where they live in or around your body. Pause and allow for a back-and-forth movement between your bodily awareness and the page.

## 3. Beholding & Witnessing

☞ Behold it all gently. A sense of relief may come; this may be just enough for what you need.

## 4. Support & Affirmation

☞ Perhaps there is a supportive word or words you can put on the shoulders of the figure, or a symbol. Take a couple of minutes to notice what is needed for this to be carried in a supportive way.

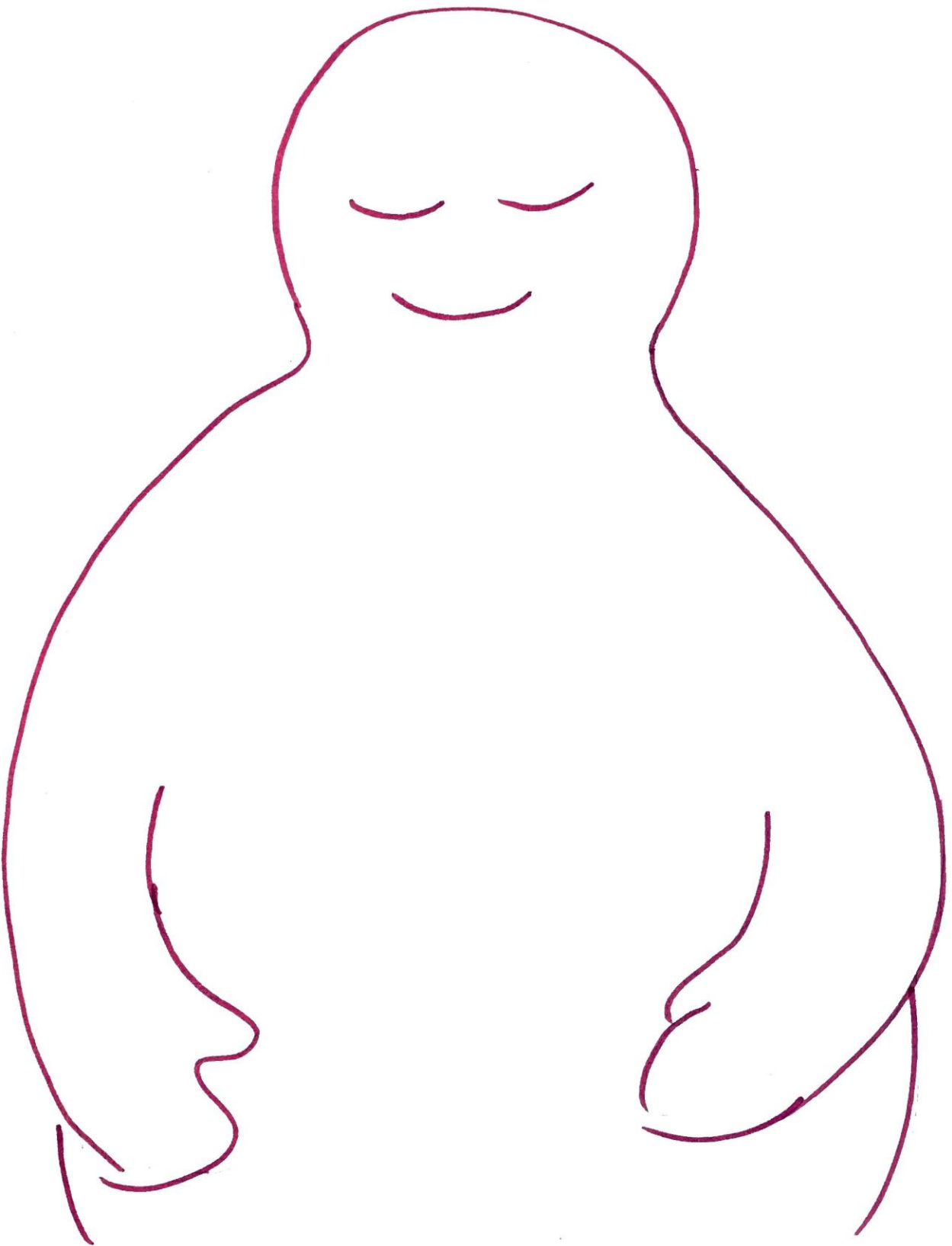
## 5. Going Deeper

☞ You may choose to focus on one particular issue by dedicating a whole page to it.

☞ Listen to the feelings, the thoughts. Allow them to express themselves on the page.

☞ Welcome them with compassion and curiosity, safety, and acceptance.

☞ Thank them for their wisdom.



**Being With**  
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