



## JOURNALING

By Kelly Gregory and the Vestibular Disorders Association

Journaling can help you work through the emotional challenges you face as a result of your vestibular disorder. Journaling is not a perfect science. Try to stick with it long enough to see if it is helpful to you. There is no one “correct way” to journal. The following instructions can help you get started. Don’t hold back or get caught up in what to say or how to say it. Just let it flow.

1. Choose an experience that is emotionally difficult for you and that you have a hard time talking about or thinking about. It may be the point at which you were diagnosed with a vestibular disorder, or perhaps your first episode of dizziness, for example.
2. Tell yourself a story in which you describe both the experience and your feelings about it. Don’t hold back. What has your illness taken away from you? How have you changed? Have you lost support from your family? Your job? How does that make you feel?
3. Don't worry about details. Spelling, grammar and punctuation aren't important. Your writing doesn't have to be perfect. It's more important to stay true to your emotion.
4. Write for 15-20 minutes without stopping or re-reading until the time has passed. Try to write continuously.
5. Write for 4 consecutive days.
6. On the second or third day, if you haven't already, write about how this experience has impacted your life. How did it shape you? How has it affected how your life has evolved? What impact has it had on your relationships? On your family life? Be honest with yourself.
7. Notice your feelings as you write and afterwards. You may feel upset for a couple hours or even a couple days. This is normal.
8. Your journal is yours and private. You may want to let your family members know about it and ask them to respect your privacy.

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L I F E R E B A L A N C E D

9. You can use a hard copy (paper) journal or your computer. If you are using a hard copy journal you may want to draw pictures or cut out images from magazines, etc. and paste them into your journal.
10. If you are having a hard time beginning, relax, take a deep breath, and get into a comfortable position. Let images to flow through your head. The thoughts will come.
11. If you have vision or cognitive problems, consider keeping a voice recorded journal.

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