**C:\Users\tewatson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WFFI5H94\MC900351689[1].wmf The Write Stuff**

The therapeutic and creative benefits of journal keeping are:

A healthy release for feelings and tensions…a place to advise yourself, clarify goals, and make decisions…a way to nourish yourself with friendship and self-acceptance…a non-threatening place to work out relationships with others and to develop your capacity for intimacy… a path to self awareness and self knowledge…a place to rehearse future behavior… a technique for focusing your energies on what is immediately important…a way to organize and expand your time…a place to find creative solutions to problems…a memory aid…a means of achieving self-identity…a way to enjoy and profit from solitude…a guide to finding clarity in the midst of crisis or change…a device for discovering your path and taking responsibility for the direction of your life.,..a means of accelerating or concluding psychotherapy…

A place to develop skills of self-expression…a method for turning negative mental habits into positive energy…a way to gain perspective on your emotions and to resolve the past…a means of keeping in touch with the continuity and rhythms of your life…a place to record meaningful insights…a way to preserve family and personal history…a quiet place to relax and refresh yourself…a device for freeing your intuition and imagination…

A way to learn to trust life…a means of experiencing the essential humanness that links all people…a tool for recording and understanding dreams…a way to become your own guide and guru…a place to celebrate the process of living…a path to spiritual peace…a workbook for creative writing and drawing…a safe place to take intellectual and creative risks…a source book for future projects…a means of discovering joy within the content of your life.

**--The New Diary by Tristine Rainer**