**Different Types of Journaling for Anxiety**

Now that you know the benefits of using journaling for anxiety, it’s time to address the different types.

When most people think of journaling, they imagine it to be writing down their innermost thoughts and feelings. While this is certainly one type of journaling you can use, it’s not the only method out there.

Here, we’ll explore the different types of journaling for anxiety. This will give you a great idea of which one is right for you.

**Timed journaling**

One of the lesser known types of journaling you can use to manage your anxiety is timed journaling. This particular method is ideal for those who struggle to sit down and write. Maybe you see it as more of a chore for example, so you struggle to force yourself to write consistently. With a timed journal, you set a timer and force yourself to write until it goes off.

You may just be surprised how much you have written and how involved in the writing you become when you’re writing to a timer. If you’re struggling to think of what to write, you can start with something like “I am feeling anxious because…”.

**Freestyle journaling**

Freestyle journaling is by far the most popular type. This is where you write down all of your thoughts and feelings as they arise. There are no rules, you can write as little or as much as you like and it’s great for pinpointing the cause of the anxiety.

With this type of journaling, you’ll typically find you can identify the root cause of the anxiety the more you keep writing.

**List journaling**

Otherwise referred to as bullet journaling, this type of journal is great for those who love to keep things simple. If you’re an avid list-writer, you can use this to your advantage in order to combat your anxiety.

Simply start by listing the things that have made you anxious that day. Then, write a list next to that showing why it made you anxious. Finish off with a list of things you can do moving forward to overcome those feelings and minimize your anxiety the next time you go through a similar experience.

Of course, you can use a list journal any way that you like. The above is just a brief example of how it could be used to manage anxiety.

**Gratitude journaling**

Perhaps one of the most powerful types of journaling for anxiety is the gratitude journal. Made famous by celebrities such as Oprah Winfrey, the gratitude journal focuses on the things you’re most grateful for.

The reason this works is because it trains the brain to focus more on the positives. It is said that the more thankful you are, the more joy and abundance that will come into your life.

To start, you can just write 3 things you are grateful for that day. It doesn’t have to be anything overly significant, it could just be the fact that you have a roof over your head, or something simple that made you smile.

By keeping a daily gratitude journal, it really helps you to start feeling happier and more satisfied in life, reducing your anxiety.

**Poetry journaling**

If you’re a creative person, you may find a poetry journal is great for reducing and managing anxiety. Being able to express your anxious feelings in a healthy way, can really help to reduce them.

**Letter journaling**

Finally, letter journaling can be a really useful tool for managing anxiety. It’s especially useful if you are currently experiencing conflict with someone in your life.

The goal is to write letters that you won’t send. They could be addressed to anyone, and it’s your chance to write down everything you want to say but can’t. It’s common for those with anxiety to have a lot of dialogue going on in their minds, so having an outlet to get it all out can prove really beneficial.

So, there you have it – the different types of journals you can use for anxiety. What works for one person may not work for another. You may find you need to try out a few different types before you find the one that’s right for you.