



The Power of Journaling: A Guided Pathway to Insight

Nicolle Napier-Ionascu Psy.D., Andrea Michelle Napier M.A.

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This journal covers a large demographic—older children, teenagers, and adults of all ages—who may not naturally have a sense of insight into how they think, feel, and act. A type of journaling that hones in on their specific need for the discovery of self and the world around them, but also incorporates aspects of fun and fantasy, would benefit not only their lives, but also the lives of the people with whom they interact.

In pop culture, tests such as the Rorschach Inkblot Test are well known. In the world of psychology, a projective technique—that is, open-ended means of expression based on a reaction to a given prompt—provides a glimpse at behavior and emotions on a deeper level. Journaling, painting, and other means of daily artistic expression are wonderful ways to help older children, teens, and adults begin the process of developing insight in the same way. It is time for people to stop being driven by feelings and conflicts that they cannot identify. *The Power of Journaling* brings the value of therapy into the home, providing the chance for real insight and long-lasting change.

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