

Journaling: College Counselling Blog #3

Reflective writing can be useful for many reasons...

- Help calm your thoughts.
- Allow you to process.
- Explore your inner self.
- Help understand your own personal growth and development.
- Just for fun!

Writing in this way for the first time, may feel a little strange; Where do I begin? What shall I write?

There is no right or wrong way to answer these questions. Be free with it, find your own way!

However, if you would like some guidance, below are some example questions to get you started. You may choose to write one word, a sentence, a paragraph, or a book!

These are random, pick 3 that speak to you the most...

Questions

- What are the most important things, in your life?
- How do you cope in difficult situations?
- What emotion are you feeling right now? Where do you feel it?
- Create 3 goals you would like to achieve by this time next month? (Make sure they are achievable, not unrealistic)
- Who is your support bubble?
- Where is your safe place? (Describe it)
- Where do you see yourself in 5 years?
- What was the last dream that you had?
- What does the word 'love' mean to you?
- Write about a time you felt lonely, what did you need?
- What are your comforts?
- If you had a time machine, where would you go?
- Describe yourself in 3 words.

You may choose to use these as templates, you can change and adapt them as you wish.

Newyddiaduraeth: Blog Cwnsela Colegau

#3

Gall ysgrifennu myfyriol fod yn ddefnyddiol am lawer o resymau ...

- Helpwch i dawelu'ch meddyliau.
- Caniatáu i chi brosesu.
- Archwiliwch eich hunan mewnol.
- Helpwch i ddeall eich twf a'ch datblygiad personol eich hun.
- Dim ond am hwyl!

Efallai y bydd ysgrifennu fel hyn am y tro cyntaf yn teimlo ychydig yn rhyfedd; Ble ydw i'n dechrau? Beth fydda i'n ei ysgrifennu?

Nid oes unrhyw ffordd gywir nac anghywir i ateb y cwestiynau hyn. Byddwch yn rhydd ag ef, dewch o hyd i'ch ffordd eich hun!

Fodd bynnag, os hoffech gael rhywfaint o arweiniad, isod mae rhai cwestiynau enghreifftiol i'ch rhoi ar ben ffordd. Efallai y byddwch chi'n dewis ysgrifennu un gair, brawddeg, paragraff, neu lyfr!

Mae'r rhain ar hap, dewiswch 3 sy'n siarad â chi fwyaf ...

Cwestiynau

- Beth yw'r pethau pwysicaf, yn eich bywyd?
- Sut ydych chi'n ymdopi mewn sefyllfaoedd anodd?
- Pa emosiwn ydych chi'n ei deimlo ar hyn o bryd? Ble ydych chi'n ei deimlo?
- Creu 3 nod yr hoffech eu cyflawni erbyn yr amser hwn y mis nesaf? (Sicrhewch eu bod yn gyraeddadwy, nid yn afrealistig)
- Pwy yw eich swigen cymorth?
- Ble mae'ch lle diogel? (Disgrifiwch ef)
- Ble ydych chi'n gweld eich hun mewn 5 mlynedd?
- Beth oedd y freuddwyd olaf a gawsoch?
- Beth mae'r gair 'cariad' yn ei olygu i chi?
- Ysgrifennwch am amser roeddech chi'n teimlo'n unig, beth oedd ei angen arnoch chi?
- Beth yw eich cysuron?
- Pe bai gennych beiriant amser, ble fydddech chi'n mynd?
- Disgrifiwch eich hun mewn 3 gair.

Efallai y byddwch yn dewis defnyddio'r rhain fel templedi, gallwch newid eu haddasu yn ôl eich dymuniad.