

Journaling: How to do journaling combined with MFT

Here at the Chung Institute, we have had tremendous success with having patients use journaling as a way of unblocking psychological scars, especially when combined with tapping acupuncture points. The technique is very simple. Take a clean sheet of paper. Try to think of or recall some of your most important problems in your life. Start describing the problem by writing it freehand on the paper. We strongly prefer that you hand write this as opposed to typing it in a computer. Once you have written 1 to 3 sentences, try to summarize the problem in a few words. Put those words in the following formula:

Even though I have this _____ (insert description of the problem) _____, I completely and deeply accept myself.

Do this while tapping the mental field therapy points. If you were instructed by us to particularly emphasize a set of acupuncture points to tap, then tap those points. (See our paper on MFT tapping)

If you have discovered a particularly powerful emotional issue and you feel your emotions welling up, you must tap continuously until those emotions subside and the tapping feels almost boring. After this particular problem no longer elicits a strong emotion, you can move on to another few sentences on the paper.

If by chance you are already starting out anxious and upset, you should begin the journaling exercise with a couple of minutes of tapping and humming before you even begin using words.

Generally, we prefer that you try to address the older scars first. However sometimes those are quite hidden and you will need to tap the more recent issues that are easier to remember.

After you have spent approximately 20 minutes on this exercise, tear the piece of paper into tiny pieces to the point where it cannot be put back together. This is very important. This serves two purposes. One, on a subconscious level if you know that absolutely no one will read this paper, you will be free to write even some of the most embarrassing or silly issues, or deep secrets. Secondly, destroying the paper also has a symbolic psycho-emotional meaning of erasing and letting go of those traumas.

Studies have shown that this technique even without the tapping can have profound effects on even physical illnesses such as rheumatoid arthritis and asthma.¹² The more you can clear your mind and body of the clutter that is created by past traumas, the more your mind and body will function efficiently, have more energy and more ability to heal. It is the rare person that does not have old psychological traumas that are causing a ripple effect into the present time.

¹ Effects of Writing About Stressful Experiences on Symptom Reduction in Patients With Asthma or Rheumatoid Arthritis, Joshua M. Smyth, PhD Arthur A. Stone, PhD Adam Hurewitz, MD Alan Kaell, MD, JAMA, April 14, 1999— Vol 281, No. 14

² Emotional and physical health benefits of expressive writing, K Beikie and K Wilhelm, Advances in Psychiatric Treatment 2005, volume 11, 338–346