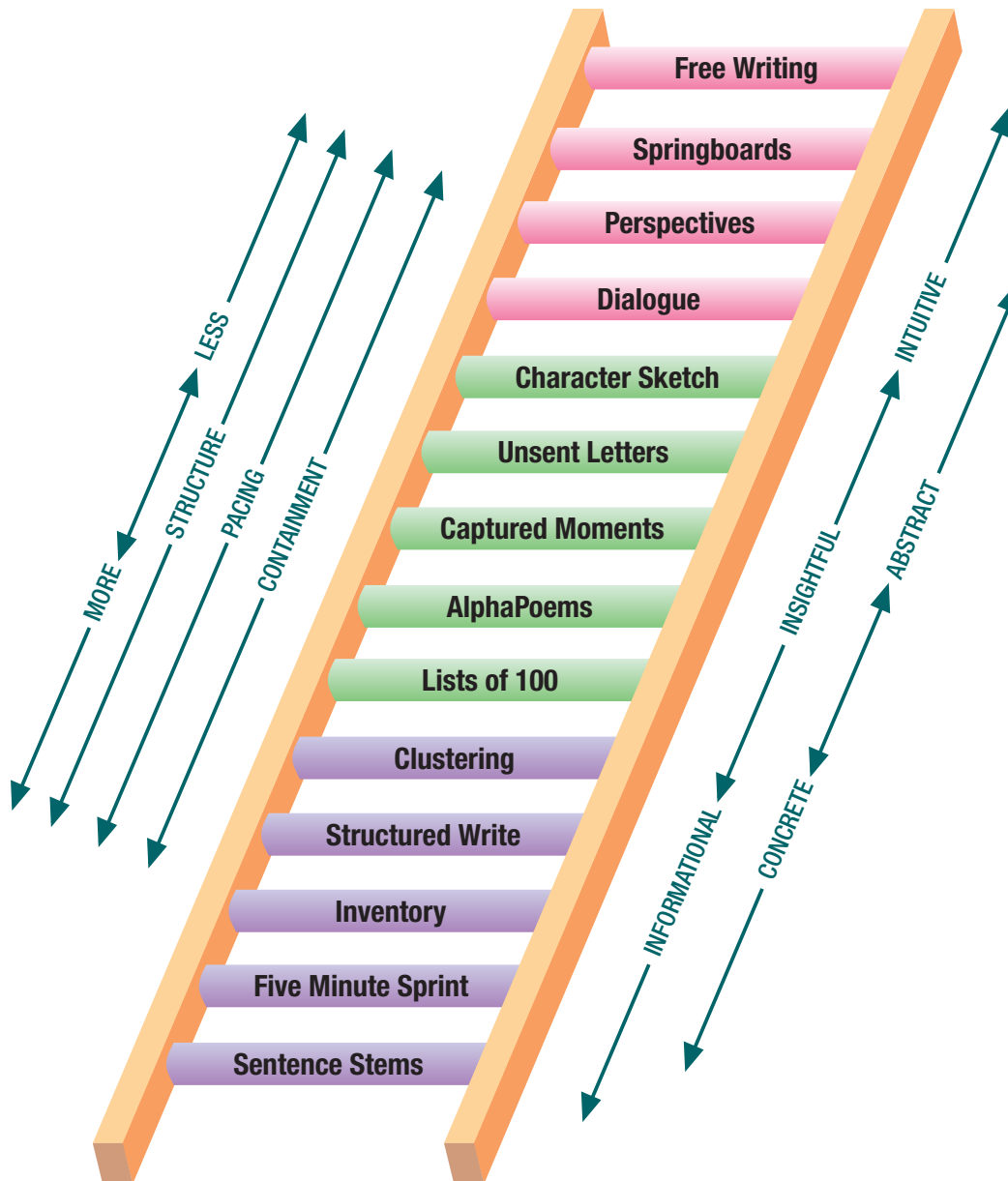


# The Journal Ladder



**Kathleen Adams LPC, Center for Journal Therapy, Inc.**

Structure	Foundation, form, sequenced tasks, orderliness
Pacing	Rhythm, movement, timing
Containment	Boundaries, limits, shape
Concrete	Easy to understand and attempt, external, reality-based
Abstract	Symbolic, metaphoric, internal, imaginal
Informational	Practical, immediately useful
Insightful	Connections, patterns, awareness
Intuitive	Sudden knowing, internal wisdom, quiet voice within