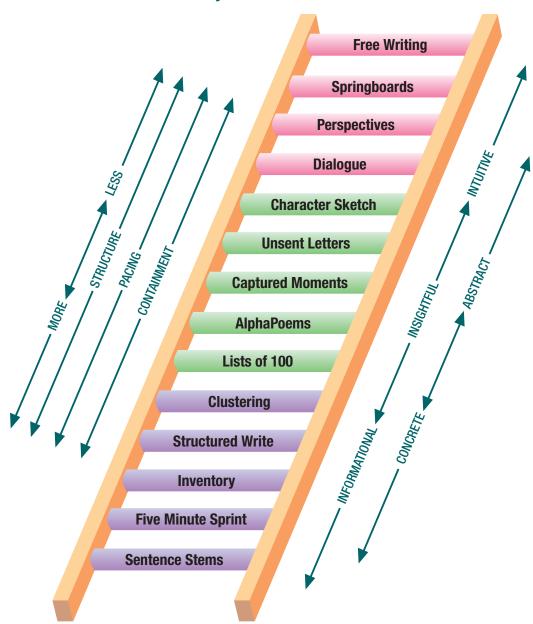
The Journal Ladder



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

© 1998 Kathleen Adams. Adapted from *The Way of the Journal, 2nd Ed.*, Sidran Press. All rights reserved. May be copied for educational/therapeutic use so long as attribution and copyright information is retained. All other use, contact author. Center for Journal Therapy, Inc. www.journaltherapy.com, info@journaltherapy.com. 888-421-2298.