How Journaling Can Help With Depression

You have depression. You know you do and it has been diagnosed. What you may not know is how to help it. You may have heard that journaling will help. Though it will, it can't do much for you if you don't know how it can help or what it can do. Here are a few ways to implement journaling in your life and how it can help you with your depression for the long and short term.

**Find Negative Influences**

One of the first ways that journaling can help you with depression is by sourcing out your negative influence. If you have ongoing and very present negative influence in your life it will start to take hold and it will start to manifest to negativity and depression. By journaling you can start to see a pattern of events, people, or things that are causing negativity. You can then work through these issues and start to move them out of your life and get to a more positive viewpoint. You can use this in combination with a gratitude journal. This way you are working to get the negative out and move the positive in to the point that it finally takes over as the more powerful influence in your life.

**Goal Setting**

One of the reasons people list for having depression is due to not having anything to work for or live for. This can easily be fixed by doing a goal setting journal. You can start to set goals and work through them towards rewards or towards options like seeing what you are doing long term and short term. Journals that are ideal for this endeavor are bullet journals. You can use a bullet scheme that works for you and work through various goals all at once or one at a time.

**Patterns in Depression Triggers**

A key way to use journaling for your depression is to use it to find your triggers. You want to look for what is causing the depression. This is not related necessarily negativity. It is more related to the idea of what is causing you to have sudden onset depression. This will let you see what the root of your depression is and help you to face it and either remove it or cope with it as a whole.

You can use all of these techniques as a combination or just one or two to get the right journaling technique that works for you. Remember, journaling is about what you need and working through your issues. It is not about getting it right every time or some idea of perfection.