

Excerpted from *The Healing Power of Writing:
A Therapist's Guide to Journaling with Clients* by Susan Borkin.

From Chapter 2: Getting Started: Tools, Logistics and Structure

ASSESSING JOURNALING READINESS QUESTIONNAIRE

Have you had experience with journaling?

Are you currently keeping a journal?

If so, please describe your journaling practice.

If you have had experience with journaling, was the experience positive?

Negative? Neutral? Please describe.

*Have you ever had issues or concerns about journaling or writing
in general in the past? Please describe.*

Excerpted from *The Healing Power of Writing:
A Therapist's Guide to Journaling with Clients* by Susan Borkin.

*Have you had trauma related to writing or performance in the past?
Please describe.*

What thoughts or feelings do you have about the usefulness of journaling?

*What concerns do have about incorporating therapeutic
journaling into our work together?*
