

OGEL Life Coaching

Ordinary Goal ~ Extraordinary Life

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Worksheet II: A/B Journaling

There are several types of journaling techniques. This worksheet deals specifically with a technique called *A/B Journaling*.

The purpose of journaling in recovery is simple. We release thoughts from our mind and put them somewhere else. It doesn't matter if they return. What matters is that we have released them—at least once.

In the *A/B Technique* one voice represents the voice of the antagonist the other represents the voice of beauty. The only rule for this technique is that Voice B must under all circumstances speak only from a place of love and compassion. Voice B can never, ever, be anything but, loving, kind, compassionate, and caring. This does not mean that Voice B is a doormat. Voice B can never be harmed or abused. Nor can it ever be harming. It is untouchable and unlimited in its potential and capacity to care and guide you.

Voice A, in addicts, is often more than one voice. For the purpose of this exercise Voice A will need to be bundled into one antagonist. Voice A can say or express anything it wants. It has total freedom to speak any words it wishes to utter, shout, curse, or exclaim. It can be unreasonable, irrational, or anything else it wants to express. Do your best to not suppress its expression.

A/B Journaling is the dialogue that these two voices share. It can be written as:

A: Blah, blah, blah (whatever is going on with you)

B: Yes, I hear you.

A: Blah, blah, blah

B: Yes, I still hear you.

A: Stop being so agreeable, blah, blah

B: You can tell me what to do, but that does not mean I have to do it. I am only interested in you loving you. And I will find a way to make that happen.

A: No you will not, because I hate you. (etc. blah, blah, blah)

What gets many of us in a jam is that we let two A Voices get into a discussion, nothing positive grows from this type of "dialogue." Be careful to clearly decipher these two voices. Do *A/B Journaling* once per day until our next session. The more you practice the easier it will be to hear the loving beauty that truly lives within. Do not let Voice A talk you out of doing this. (Yes, it will try.)

Need more explanation on *A/B Journaling*? @ <http://soberidentity.com/2013/01/06/technique-technique/>

You can see me use the technique @ <http://soberidentity.com/2013/01/27/her-hand/>