

Dialogue Journaling

What is it?

Dialogue journaling is a way to imagine a conversation between people, ideas, or objects. Similar to writing a script, the journal keeper envisions and writes out both sides of a conversation, often with no preconceived plan for where the dialogue will lead.

Why do it?

"Just switching to another voice allows the writer to explore a different perspective. Dialogue often uncovers hidden biases and misconceptions that can block understanding and openness to new ideas" (Stevens & Cooper, 2009, p. 89, Journal Keeping).

Can you give me some suggestions?

- Dialogue with your health condition.
- Dialogue with a loved one who doesn't yet know about your health condition.
- Dialogue with someone you need to ask for assistance.
- Dialogue with your hair, or another body part that you want to have words with.
- Dialogue with your former self.
- Dialogue with your future self.
- Dialogue with fear.
- Dialogue with hope.

Can you give me an example?

Absolutely. You can see an example of my own dialogue with alopecia at <https://www.makingpeacewithalopecia.com/post/dialogue-with-alopecia>. I did not have a plan before writing this or an idea where it would go, but I was very surprised by some deep realizations about my own behavior and biases through the process.

What if I feel silly?

You might, especially at first! I encourage you to try it anyway. Surprising realizations can come through your willingness to play along and invest time and energy in this. Remember, nobody sees this unless you share it with them. Pick a topic and give it a shot.

I did it! What now?

Way to go! Give yourself some time to process what you've written. If possible, take a walk or get in some other kind of movement. In a week or so, pick it back up and read it. How do you feel? What have you learned? What does this mean for you moving forward?