



Photo Collage

Instructions: Collect 6-12 items of personal significance. Arrange them together on a surface. Photograph the shot in a single frame. Then journal about your experience.

Tips: items connected to vivid memories or strong emotions are great for this exercise.

Optional journal prompts: What memories did you experience through this exercise? What were your strongest emotions? Did you end up using any items that surprised you? What are some things you are proud of yourself for overcoming?

Journal Reflection



Journal Reflection (continued)...