

INTRO GUIDE TO CORRECTIVE JOURNALING



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Introduction

Congratulations on completing the course! And don't worry if you haven't bought my course yet, this guide will still help you figure out what areas to Correct first and get you started on journaling.

For those of you who've completed the course, you now have a new frame for viewing your past experiences, your current life circumstances, and the link between the two. Once this blindfold is removed, you're most likely experiencing an expansion of 'bandwidth' and an increase in self-awareness, particularly around feelings and thoughts.

Looking at life through my lens creates a lot of immediate change in your perception of both the past, and the present.

This creates a lot of excitement and passion in most people. It also creates a desire to apply my work to make changes in your life. Some big changes and some small ones; All change creates a little bit of uncomfortability, even when that change is welcomed.

There's a lot of 'What now that I know this? What now, What's next?'

This was my own personal experience when I created this work and in particular, when I created the application for it, and finally had a way to work with myself in a way that made sense to me.

I've created this Intro journaling guide, as an attempt to begin to help you to clarify what you want to work on in applying my work. As well as, some general next steps for you regarding journaling in particular and building a relationship with your child and teen to make the changes and transformations that you're most seeking.

I've also included some additional material on patterns of triggering and how to populate a matrix that is specific to a particular area of life.

The Matrix holds a central and powerful role in uncovering deeper insights and facilitating personal growth. While this guide provides a glimpse into its potential, the full depth and understanding of the Matrix can be explored in the comprehensive Correction Method course.



And depending on how this Intro guide is received, I may create a much more in depth workbook for Getting Started on Corrections.

However, I know what I've written below is more than enough for you to get started and feel more confident in doing the work!

Getting Started:

OK, here we go! The very first step is purchasing yourself a nice journal. This can be a simple notebook, but it needs to be something that's a little bit special to you. This is going to be the container for your thoughts and your feelings and where you are going to host the relationship that you're building between your child and your teen and you.

I consider the journal to be a bit of a sacred place but that can be a little over the top for some people, even some people I work with privately. But I do think of it as a sacred space. And if you know me, that means I have a very expensive and beautiful leather bound journal and I encourage you to invest in something similar!

Obviously, you're more than welcome to use your journal anyway that you see fit and for whatever purpose, but I encourage you to use it in a more formatted way and so I'm going to give you a little bit of a guide to get started you started in journaling that best supports your work with my Correction Method.

Notice Spikes:

The very first thing you want to do is start jotting down any spike in feeling that you experience as you live your daily life.

It can be as simple as throughout your day making a note in your phone of any spike in feeling, whatever feeling that is. For example, "got yelled at at work and now I'm pissed" Or "I can't believe she said that to me" Or "I'm lonely af." You get the idea, but make it raw and make it real! What do I really hear in my head?



You can also jot down lighter spikes of feeling such as “I’m super excited for my promotion” OR “I love my boss, she’s the best” etc.. There isn’t much work to do with the lighter emotions but it’s good to have a running dialogue of what you’re experiencing throughout your day.

Remember, your thoughts and feelings are 1/2 of your entire reality. You are incrementally, yet massively expanding your understanding of yourself AND organizing how to work with yourself by journaling.

Handwrite Into Journal:

Once a day or once every two days you need to go back to the triggering that you captured on your phone and write down anything in the journal by hand. This is for several reasons, but the most primary is that it gets some of the triggering emotion out and contains it at the same time. Also, there does appear to be a kinesthetic feedback loop between thoughts, emotions and your body/brain.

Frankly, we just process better and it slows us down when we just write something down. Use a good old fashioned pen, pencil, crayon, marker whatever. You can even use a stylus on an iPad; As long as you are writing and not typing.

Getting Down To It:

Once you have a triggered thought identified in your journal, you then identify the feelings that that particular thought creates for you.

You can first write down any thought words like “felt scared, was terrified or was mad at”, but I encourage you to use the Core Emotions identified in my course. Such as Anger, Fear, Pain, Shame, Guilt, Joy, Passion and Love.

Once you have identified the triggered thought and the feelings that thought has generated, you are ready to move onto your next step.



Your next step is to assign that thought and feeling to your Child or to your Teen. Does it cause you to feel small, little, insecure, afraid (that's your Child) or does it cause you to feel puffed up, grandiose, invincible, demanding (that's your Teen). Or maybe you already have a good grasp of the Matrix and you have an idea of where it fits and you can use that as a way to identify the Child or Teen. Either is good but you need the thought, the feelings and whether it belongs to your Child and Teen.

What you then have in front of you is the specificity of your triggering. That is the triggering specificity that you need to do your Correction.

Patterns:

Even within a few days by journaling in this fashion, definitive patterns will start to emerge in your triggered thinking, and your corresponding feelings generated from those thoughts.

These patterns of thought can be treated as individual Corrections. In other words you just correct the thoughts and feelings that you noticed the most in your journal entries.

For example, if you often notice that you're triggered regarding feeling insecure about your job, then you may want to do a Correction on that particular trigger because you'll see it over and over again after several days or weeks of journaling in this way.

This approach is a tried-and-true way to apply my Correction Method to any and every area of your life. I encourage you to correct the triggered thoughts and feelings that come up the most for you.

Identifying patterns and working on specific triggers is an effective practice for personal development. Whether you're a course participant or a newcomer to my teachings, embracing this process can lead to profound self-discovery and healing.

Now, you may notice patterns of triggered thoughts and feelings, in a particular life area over and over again.



For example, you notice that you have a lot of triggered thoughts about your relationship with your significant other. Or you may have a lot of triggered thoughts about your body or about your sexual performance or friend relationships, and how you're perceived by others.

You can start to organize these thoughts into life areas within your journal.

If you like this approach, I suggest you organize your journal into particular life areas that you then journal within. Such as, Social relationships, Romantic relationships, my Body or Diet and Exercise, Career, Sex, etc.

Organizing your journal this way you will be able to identify lots of triggered thoughts and feelings, over time, related to the life area that you have chosen to look at in detail.

Once you have a great list of triggered thoughts and feelings within each life area, you can pick one of those life areas and then do a Plotted Matrix on that life area.

In other words, we plot it in the Matrix.

Even if you're new to my work and my Correction Method course, you can still benefit from organizing your journal into specific life areas. This approach allows you to gain insights into various aspects of your life and initiate positive changes.

Create a Plotted Matrix:

So, let's say you want to create a Matrix that is specific to your relationship to your Career:

You simply create a blank matrix, which includes the Core Issues and the Ego States across the top. You then take each box of the Matrix one by one and take the triggering that you've already captured in your journal and transfer into the corresponding box.

For example, you ask yourself:

- How do I feel less than when it comes to my career performance?



- How do I feel better than at work?
- What am I most worried about when it comes to my career? (That's me feeling exposed in the Matrix)
- What do I avoid the most when it comes to my career or work? (That's me being closed in the Matrix.)
- How do I feel most effective and broken when it comes to work?
- How do I have to be perfect when it comes to work or how do I demand perfection of others?
- What am I most needy for when it comes to my career and work? (A little hint it's usually around approval.)
- And what am I needless about when it comes to work? Needless is similar to Closed in that it involves not doing or avoiding certain things but it usually has a lighter, more 'Meh' feel.

Ordering the Charges:

Once you've plotted out everything in your Matrix on Career, you want to organize your triggered thoughts from most charged to least charged within each box of the Matrix.

So, for example ask yourself: Which one of these in the less than box makes me feel the worst and label that one number one. Which one makes me feel the second worst and label that number two etc. etc. from box to box.

Then do the Corrections one by one and the order of most charged to least charged within each box of the Matrix. You will notice that some of the lesser charged triggered thoughts do not need to be resolved.

Lesser charged triggering is often resolved by resolving higher charged triggered thoughts first.

Start with the Core Issue that is most charged. If you notice more of a charge on the issue of Safety than for Perfection or Needs you would want to start



there. One tip in completing a Plotted Matrix is that you always do the issue of Worth last.

In other words, once all Corrections have been done in every other area of the Matrix you then do what you've identified in the 'Better than' box and then your last Corrections are done in Less than. This is because the issue of Worth is our linchpin issue. Making Corrections in the other Core Issues first will begin to 'soften up' / create maximum healing in the issue of Worth.

Once you've completed all the Corrections in your Plotted Matrix specific to a life area, you have removed all of the major mental and emotional blocks that are keeping you stuck in that area of life!

I hope this intro to next steps in your personal work, Intro Guide on Corrective Journaling and creating a Plotted Matrix, as well as, some initial direction on how to approach this work has been helpful to you.

Thank you so much for being on this Corrections Journey with me. I appreciate each of you!

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