

## Journaling Celebration

Journaling for me has been a bit of a nightmare for the biggest part of my certification journey. I have experienced stress, tension, pressure, fatigue, boredom, something like inhibition, fear, and negativity. Slowly I became aware that this had a lot to do with the way I was approaching it, with a should energy and that I could not approach it with the ease, flow, joy and curiosity that I was experiencing in connecting with other parts of this journey.

I trust the process as it was designed and Gina as my supervisor and this trust gave me support and motive to persist exploring it while in discomfort. I am grateful that these last months I had the privilege of time and energy (that I was not accessing before) to dive deeper in it, find more flow and make it part of my life. As I am writing I acknowledge the benefits it has brought me regarding clarity, understanding and growth in both nvc and myself as well as the support it has given me in my work with people. Journaling somehow makes things more concrete for me and I might even dare say that it is a bit like having a new friend. Like sometimes that it has happened to me, to meet someone and initially dislike them but then the circumstances to bring us together and to end up liking or even loving this person.

I recognize that the more I journal the more fluent I become in it, it becomes easier and I can enjoy it more as I am increasingly having more benefits than cost, more met than unmet needs. I am very curious about how it is going to be after I hand in this portfolio or even after I certify.

These last months when an event stood out and was very alive in me, I saw it as a chance to journal. This has given me some confidence in dealing with some important issues and gave me power, structure and certainty in some steps I wanted to take. At other times, journaling was confusing for me, probably bringing out my own confusion, made me anxious and left me hanging and wondering about my feelings, needs, insights and possible requests. Some journals I started and never finished because I was interrupted and then something else was more alive, I mourn that a bit in this moment and I notice an interest and perhaps request to look back at these journals for reflection.

All in all, I celebrate putting these journals here together, I take pleasure in doing it and I recognize how it added in my growth.

Stella Koukougiani, Greece. Summer 2020.