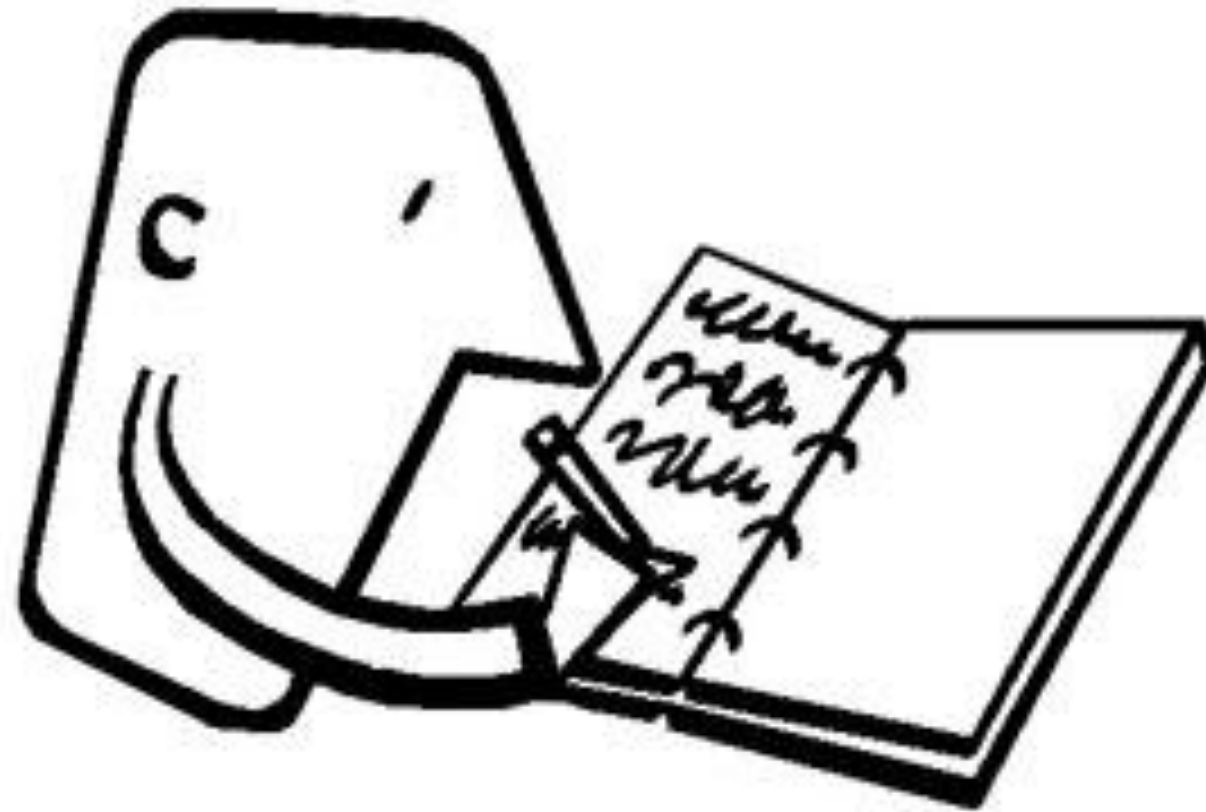
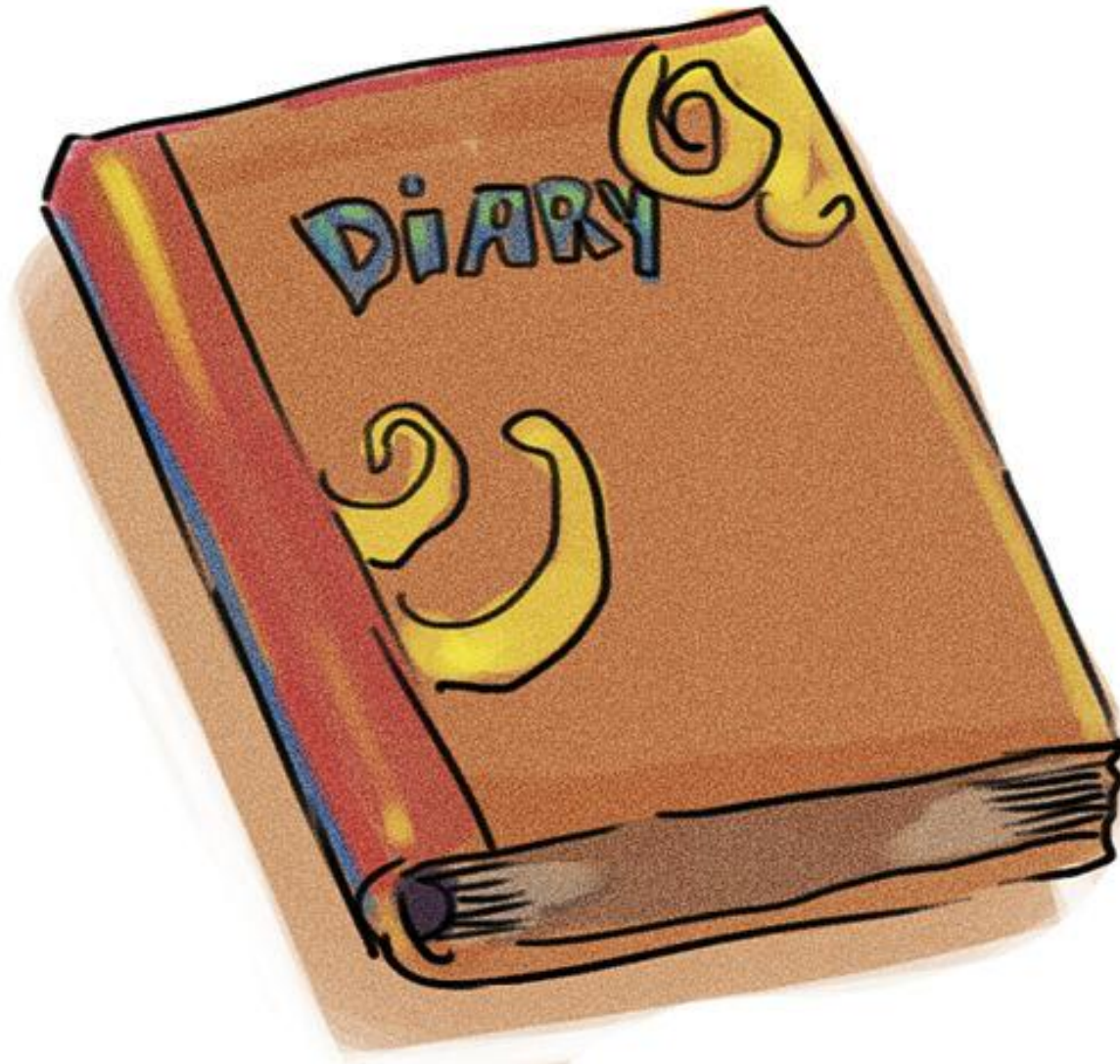


A Diary

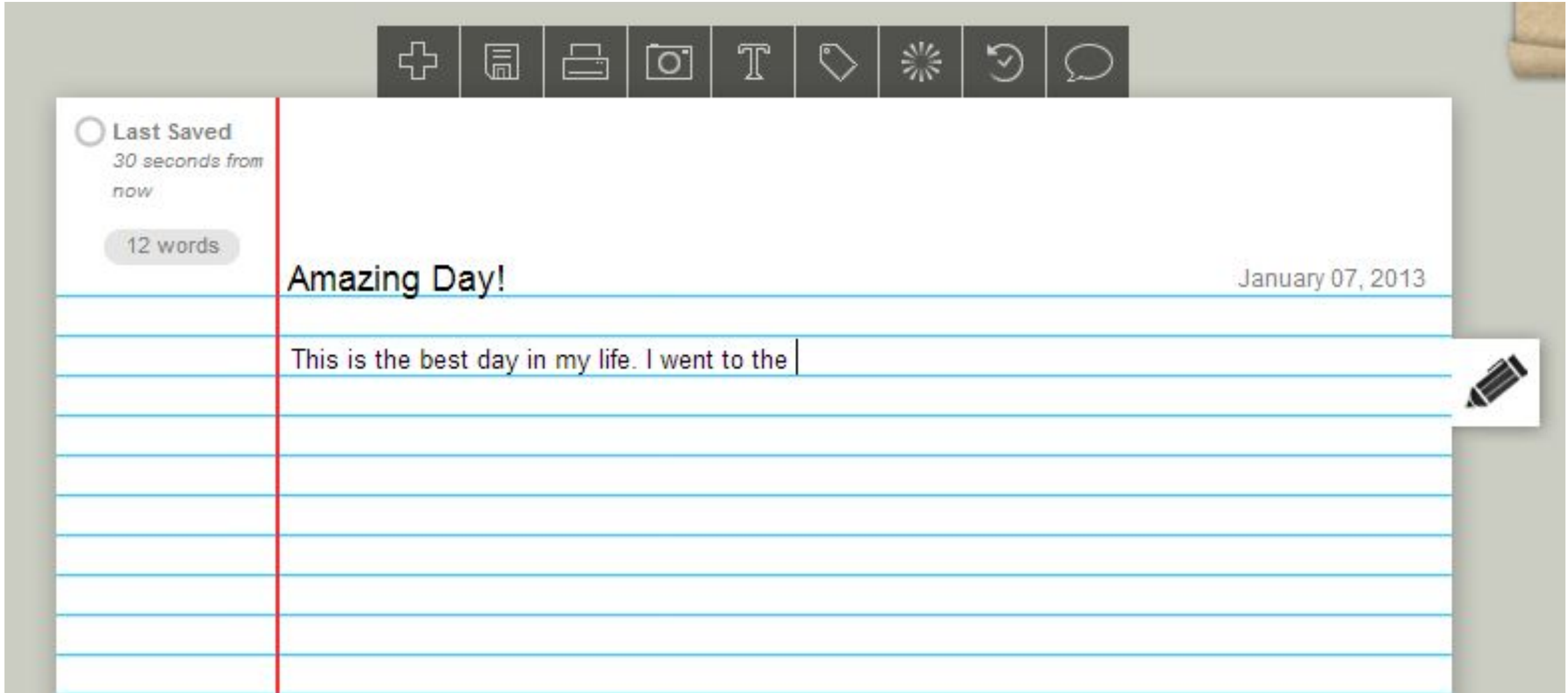
Why do people keep one?



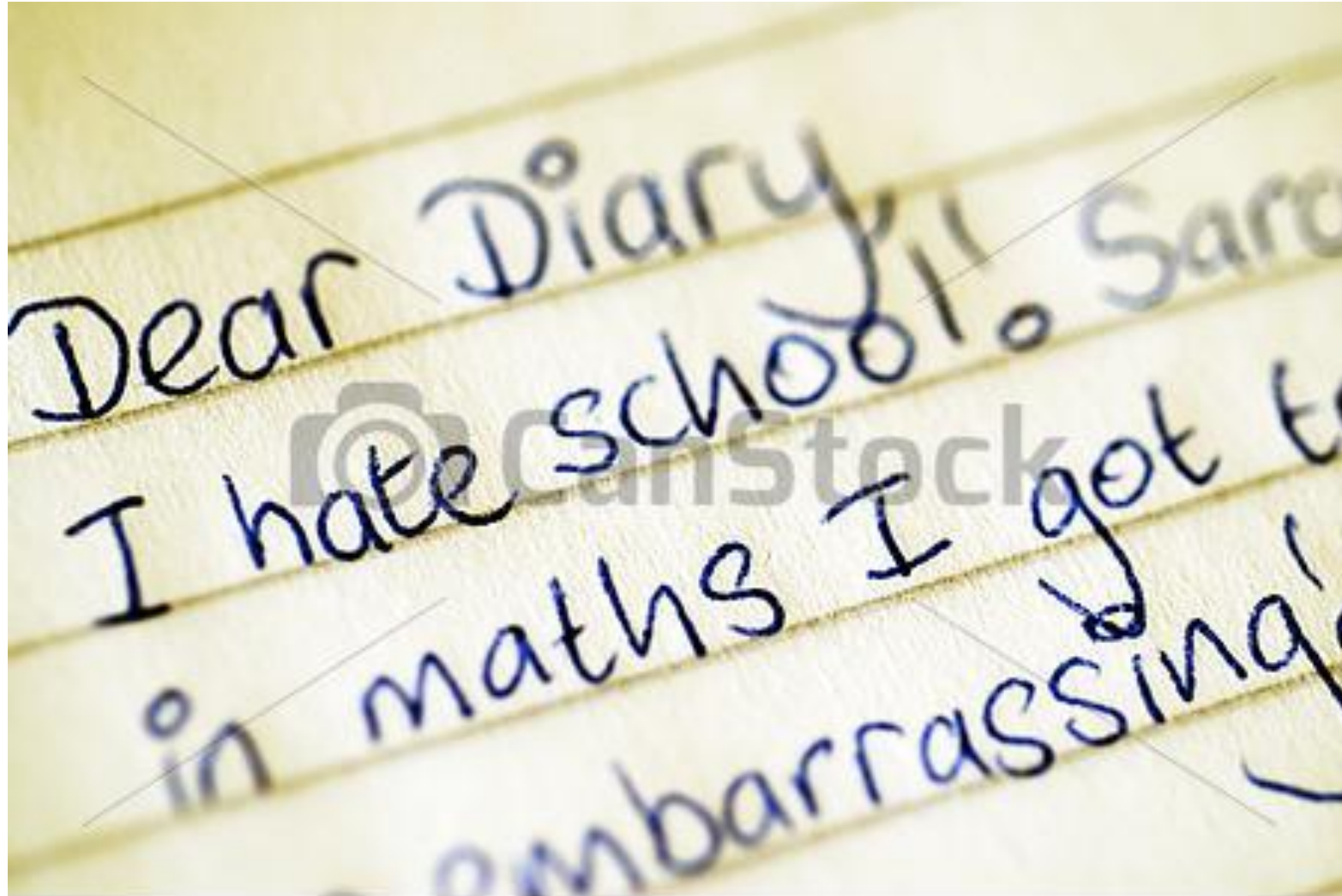
Do you keep a diary or have you ever had one?



Was it a paper diary or was digital?



What did/do you keep it for?
What do you write there?



How would you address yourself in the diary or what words would you use as a greeting?



What happened to you today that you would have written in your diary?

'Dear Diary,

*Had an awful day today. My mum and dad made me go to bed after **Wogan** was over (it was still light outside!) and I also broke my Optimus Prime figure. I hate the world. Can't wait to watch Ninja Turtles tomorrow after school though! Night night!'*

Do you think it is good to be honest and open with yourself when you write?

DEAR DIARY,

I FEEL COOL IN
THE MIRROR, BUT I LOOK
DUMB IN PICTURES.

SEE YOU TOMORROW,

ME

Would you be upset if someone read your diary?



Have you ever read someone's diary?

Don't read my diary when I'm gone

OK, I'm going to work now, when you wake up this morning, please read my diary. Look through my things, and figure me out.

Why do people keep blogs?

WHY BLOG?



“Each new day is a blank page in the diary of your life. The secret of success is in turning that diary into the best story you possibly can.”

— Douglas Pagels

“I never travel without my diary. One should always have something sensational to read in the train.”

— Oscar Wilde,
The Importance of Being Earnest

“Morning: Slept.
Afternoon: Slept.
Evening: Ate grass.
Night: Ate grass. Decided grass is boring.
Scratched. Hard to reach the itchy bits.
Slept.”

— Jackie French, *Diary of a Wombat*

“It's so hard to forget pain, but it's even harder
to remember sweetness”
— Chuck Palahniuk, Diary

“I keep a diary in order to enter the wonderful secrets of my life. If I didn't write them down, I should not probably forget all about them.”

— Oscar Wilde,

The Importance of Being Earnest

THINGS THAT MAKE ME HAPPY

- coffee.
- warm weather.
- hugs.
- when you call me beautiful.
- forehead kisses.
- art.
- summer time.
- photography.
- you in general & knowing you're mine.
- christmas time.
- late night Skype calls.
- candles.
- tattoos.
- cute texts.
- nicknames.
- traveling.
- good dreams.
- memories.

Keeping a diary makes you happier

Dear diarists take heart. Writing about your feelings can help the brain overcome emotional upsets and leave you feeling happier, psychologists have found.

Brain scans on volunteers showed that putting feelings down on paper reduces activity in a part of the brain called the amygdala, which is responsible for controlling the intensity of our emotions.

Psychologists who discovered the "Bridget Jones effect" said it worked whether people elaborated on their feelings in a diary, penned lines of poetry, or even jotted down song lyrics to express their negative emotions.

Matthew Lieberman, a psychologist at the University of California in Los Angeles, said the effect differs from catharsis, which usually involves coming to terms with an emotional problem by seeing it in a different light.

When people wrote about their feelings, medical scans showed that their brain activity matched that seen in volunteers who were consciously trying to control their emotions.

"Writing seems to help the brain regulate emotion unintentionally. Whether it's writing things down in a diary, writing bad poetry, or making up song lyrics that should never be played on the radio, it seems to help people emotionally," Dr Lieberman said.

The psychologists investigated the effect by inviting volunteers to visit the lab for a brain scan before asking them to write for 20 minutes a day for four consecutive days. Half of the participants wrote about a recent emotional experience, while the other half wrote about a neutral experience.

Those who wrote about an emotional experience showed more activity in part of the brain called the right ventrolateral prefrontal cortex [**вентромедиальная префронтальная кора**], which in turn dampened down neural activity linked to strong emotional feelings.

Men seemed to benefit from writing about their feelings more than women, and writing by hand had a bigger effect than typing, Dr Lieberman said.

"Men tend to show greater benefits and that is a bit counterintuitive. But the reason might be that women more freely put their feelings into words, so this is less of a novel experience for them. For men it's more of a novelty," Lieberman said.

The study showed that writing about emotions in an abstract sense was more calming than describing them in vivid language, which could make people feel more upset by reactivating their original feelings.

The findings suggest that keeping a diary, making up poetry and scribbling down song lyrics can help people get over emotional distress.

The study raises the issue of why so many writers, from Martin Amis to Michel Houellebecq are not the jolliest of souls. "What we don't know is: what would that person would be like if they weren't writing?" Lieberman said.

