
STATE-MATCHED JOURNALING · THE ANTI-GRATITUDE-LIST

The Technique Cards

Fixes why 'just journal' never worked: one method for every kind of day.

- Three techniques, one for each mood.
- Each card says exactly when to use it.
- Cut them out, keep the right one on the desk.

Journaling isn't one skill. It's three.

Using the wrong one for the state you're in is why it "doesn't work." Feeling heavy needs a different move than feeling numb.

Write them by hand. It's slower, and slower is where the thinking happens.

TURN THE PAGE. THREE CARDS. READ THE TRIGGER, NOT THE MENU.

Match the card to the state.



WHEN IT FEELS HEAVY

Expressive Writing

1. Set fifteen minutes. Pick the thing you keep carrying.
2. Write it out fully. No editing, no stopping.
3. Timer ends, close the book. You don't have to solve it.

START WITH

"The thing I'm still carrying is..."

WHY Naming what hurts on paper turns the alarm down. Use it when a day feels stuck.



WHEN YOU FEEL NUMB OR DISTANT

Gratitude, but specific

1. Name three things from today. Go small and exact.
2. Not "my friends," but the one who showed up this week.
3. A smell, a message, a moment. Precise beats grand.

START WITH

"A small thing that landed right today was..."

WHY The brain skims past "my friends" but holds a precise scene. Use it when you feel flat.



WHEN LIFE FEELS CONFUSING

Reflective Reframing

1. What happened, plainly.
2. What it meant, or what it taught you.
3. One small next action.

START WITH

"What actually happened was..."

WHY Turning a loop into a decision stops it running all day. Use it when your head won't settle.

hey. one honest note.

we used to think journaling just wasn't for us. turns out we were reaching for a gratitude list on days that needed something heavier, then feeling like we'd failed at it. we hadn't. we were just using the wrong tool. that's all these cards fix, the right move for the state you're actually in.

cut them out, keep them in the back of the Ledger, and don't force the deep one on a flat Tuesday. run fast, run alone. run far, run with friends.

reply to your welcome email any time. we read every one. PEACE

Alex & Kush

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questions? just reply to your welcome email.