



For the Record: Interviews with Journalers

#31-40



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For the Record #31: Cait

The original interview was posted on Tumblr on May 23, 2015.

Cait ([caitmceniff](#)) is a 17 year old living in Warrington, England, who is currently at Sixth Form studying Art, History, English, and Psychology. She is hoping to do an art foundation and have a career in art.

1. How long have you been journaling?

I've kept little scrapbooks and doodles or sketchbooks since I was little, but I only really started properly keeping journals about 2 years ago.

2. Can you describe how you use your journal?

This January I started my own project I called "12 Journals, 12 Months", where I try to complete a 92 page A6 journal each month, so far I've done 4 which are pretty full! Because of school workload, my journal style is mainly inspiration based because I don't have time to draw or paint properly in them, as I have to spend that time doing art coursework :(. Hopefully after my exams I can start to properly journal with my drawings and paintings! My journals are a mixture of quotes, images I've found, magazine cuttings, doodles, photographs, memories, thoughts, artist inspiration etc.



3. That's amazing! I wish I could fill a journal in a month. Has it been a struggle to keep up with the project?

It's been difficult to keep up with them but in a really good way, if that makes sense? Because it pushes me to do more pages and stay creative at times when I would usually be lazy and not do anything! My February and April journals are the least full because I had quite a lot of other work to do, which is a shame, but I think with each month the content is improving and I'm making more use of the project!

4. Why do you journal?

I journal as a stress reliever, a place to put things that inspire me and I want to remember, and as an artistic journey type thing, so I can look back on how far I've come/what has changed, if that makes sense?

5. It makes total sense! How often do you work in your journal?

Most days I will stick something in or write a quick thought! I carry whatever months' journal around with me every day in case I need to refer back to an idea or add something. I usually have days where I do a lot of pages and spend a lot of time on them.

6. What are your favorite supplies to work with?

I love watercolours, mechanical pencils, black felt tip, biro, and acrylic paint. I also really like the aesthetics of masking tape and brown tape (is that weird?) I love typewriters and letter transfer to write quotes in too!



7. I don't think anything's weird when it comes to journals! Anything goes, and that's why I like it so much. What else inspires you?

Other artists (I am really fond of @furrylittlepeach at the moment on Instagram), the internet (Tumblr, Google images, Instagram) where I follow lots of arty/photography accounts to give me ideas. I find film inspiring too, I love films with beautiful cinematography, and the film-maker/YouTuber Casey Neistat actually inspires me to work hard! I find colours and design of lots of everyday things inspiring and adverts or text in magazines. I also raid the "recycled paper" drawer at school for any scraps of paper with interesting imagery on!

8. Do you ever use journal entries as a basis to create other work?

At the moment, not really. I use them for inspiration to influence further projects or to write down ideas for things to do, but my planning usually goes on scrappy pieces of paper or my school sketchbook! Hopefully my journals will in the future when I can create whatever I want!

9. What are your thoughts on destroying journals?

Obviously everyone is free to do whatever they like with their own work, but I personally think that's really heart breaking! I've actually become quite sentimental with my journals and quite attached because they have ideas I need in them! I do look back on old journals/sketchbooks and cringe, but I think that that is part of the journey! I think you should always keep your journals and any art you make, even if you don't like it or it's shoved in a box somewhere. The effort and process you have used to make that item should be preserved and you may get ideas from it in the future. It's always nice to look back on old work (no matter how embarrassing!).

10. Thank you for answering these questions and good luck with your project! Where else can we find you/your art online?

My website is caitmceniff.tumblr.com which has all of my art on, and the link caitmceniff.tumblr.com/12s is where all my months journal pages are located. I also use Instagram a lot to post artwork, which is [@caitmceniff_](https://www.instagram.com/caitmceniff/)

For the Record #32: AJ

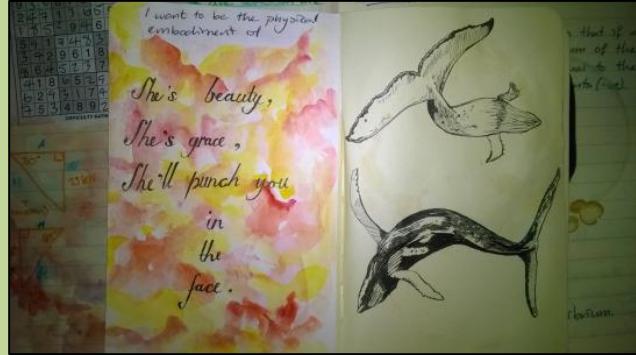
The original interview was posted on Tumblr on May 27, 2015.

AJ (221bsgalacticorca) lives in a small town in Scotland, but was born in Italy (although she considers herself British). She is in her last year of high school, so it's not long until she's done forever! She has always had dreams of being a pilot and is going through her application to join the navy to do so. Failing that, she will go down the commercial route.

1. How long have you been journaling?

I have always had sketchbooks, but I would say I've only been properly journaling for a year and a half. It is becoming a bit of an addiction!

2. Can you describe how you use your journal?

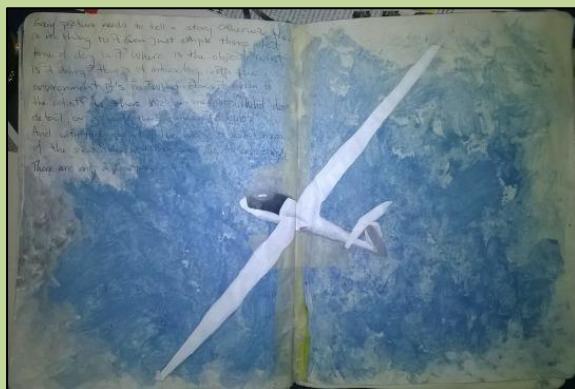


I usually have a couple on the go at any time - a small one for taking everywhere and sketching on the go, then a big one for when I want to write or draw bigger things. I just stick magazine or newspaper pictures I like in them, or use leftover paint or randomly doodle, but I also sometimes sew in them or just drench pages in ink. I'll often write loads in my larger book, but then cover it with paint or pictures. People often look through my journals and while I do quite like showing them off I don't want anyone reading what I'm thinking!

3. I can definitely relate to that! Why do you journal?

I have always loved making art, and this is a good way to just keep it all in the same place. But it is also a great outlet for when I'm feeling really angry or down about something.

4. How often do you work in your journal?



5. What are your favorite supplies to work with?

Anything! I love using a simple ball point pen for accuracy and writing, but I enjoy the freedom of watercolours too.

6. What inspires you?

Flying mostly inspires me. I am a glider pilot so most weekends I am at my club or flying somewhere else in the UK. It isn't unusual for me and just draw for a solid 5 hours. There is so much

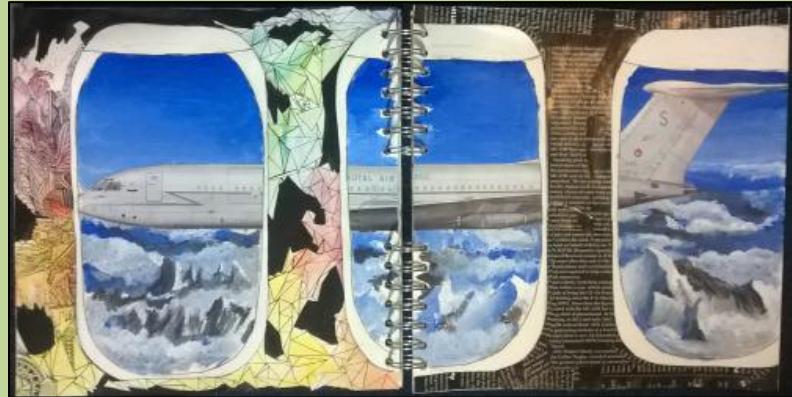
to get home after a day of flying and helping out and just draw for a solid 5 hours. There is so much in flying that I can use. Obviously there are the stunning views, but I love the challenge of using my journals and art to explain to people how much I love just being airborne. Often when I talk about

flying it is very difficult to convey the range of emotions and feelings that gliding gives me - euphoria, exhilaration, pure joy, excitement, even terror - but I can do it very easily in a journal.

But lots of other things do too - music, other people's work, my own feelings, news articles, anything!

7. Do you use journal entries as a basis to create other work?

Very rarely, though I am trying to do so more often. Art that I create when working from my journals is usually so much better than stuff I do without any input from them.



8. What are your thoughts on destroying journals?

No! Destroying any of my journals would be like cutting a bit of me off! Very painful!

9. Thank you for answering these questions and good luck with your application to join the navy! Where else can we find you/your work online?

I have lots of my work on my [main blog](#), and on my [art blog](#) - both of which I am trying to keep as updated as possible.

For the Record #33: Ana

The original interview was posted on Tumblr on May 30, 2015.

Ana ([fineartwhore](#)) has been making art since she was a kid, and is now studying to be an art teacher! She has always loved drawing, painting and just creating in general. She is also in the process of starting a small business for her textile art called *Poison Iris Jacket Company* that will probably be launched later this summer.



1. How long have you been journaling?

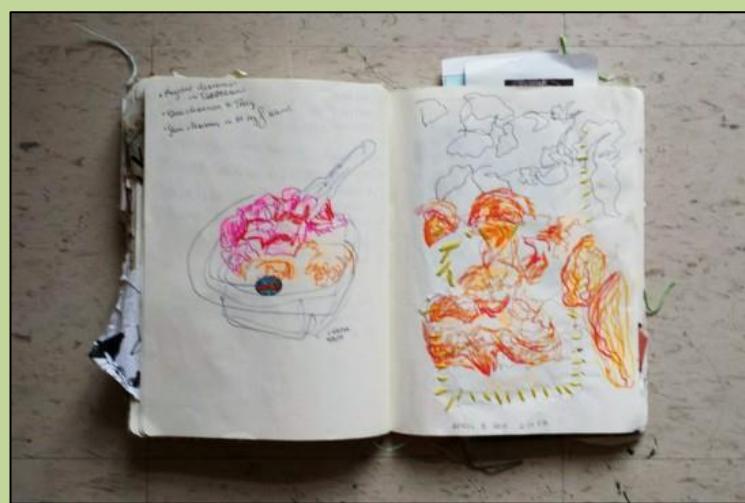
I've been doing art in little books for a while and I've used Moleskine notebooks for what seems like forever, but I really just started to call it 'art journaling', what I do, because now it's more personal and this work tells a story. I am on my second 'official' art journal as of now. The last one I started at the end of February.

2. Can you describe how you use your journal?

Art journaling, for me, doesn't have to be something specific, and that's why everyone's journals are so unique, and that's why every page is unique for me. I do a lot of doodling, 99% of that being blind contours of random people walking by. I also incorporate a lot of sewing into my work. I love to sew and sewing has also been something that I have done since I was young. My challenge to myself in the first journal was to not use any glue/tape/anything sticky to keep things onto the pages (this challenge started on the second page of my journal when I was going to glue some pieces of paper I had torn up into my journal and found that I had no glue...but I did have a sewing kit!), and so I sewed a lot of it. The stitches stay rather well, if I do say so myself. And that gives my journals a sense of transparency, because when you turn the page, the stitches from the other page become something new on the next page, and I love that aspect of it.

3. That is such a cool technique to use in art journaling! Why do you art journal?

Art journaling is a really cool way of doing art because you can make it anything you want, you can sew like I do, you can collage, you can just draw, you can write things down, you can really do whatever you want. I think it's such a great means of creation as an artist. Even if you aren't an artist or think you can't draw well, it's such a wonderful way of expressing yourself. And it's so easy to make it personal, and so easy to get inspired especially when you take your art journal with



you wherever you go, you get inspired out in the real, and after a while you just start to see things and be like, 'this would make for a great page'.

4. So true! How often do you work in your journal?

I don't really have a set schedule or anything, usually I do like two or three pages a day and then sometimes I don't do any.

5. What are your favourite supplies to work with?

I love found objects - things from different places I go, different magazines and whatnot. I even pressed some flowers just the other day and pinned them in. I like receipts a lot, too. In my new journal I also started using those color swatches you can get in the paint section of Home Depot. For

my drawings, I have a big thing of cheap generic-brand art markers that I got from Michael's, and I also like using watercolor pencils too.



6. What inspires you?

For my art journal, I'm usually inspired by the things that I'm doing at the time. I'm also really inspired by color and nature. It's pretty simple, but I love different color combinations and stuff.

7. Do you ever use journal entries as a basis to create other works?

I really want to! I love the look of my blind contours - there's those very special instances when the lines fall in just the perfect place and I want to do something with them, like make them into lino-cuts or something. I think even without thinking about it, art journaling and doing the blind contours so much has improved my drawing skills in a way, and I've started to enjoy drawing again (which after two years of formal drawing classes you can definitely get tired of it!).

8. What are your thoughts on destroying journals?

Reading through the other interviews, I wasn't exactly sure what I would say when I got to this question, but I do think I'm terrified of destroying my art. Like maybe for some people it's something they might have to do at some point but I'm a sentimental, I can't really get rid of anything, and I love looking at my art journals.

9. Thank you for answering these questions! Where else can we find you/your work online?

Well, my main blog [fineartwhore](#) doesn't always have much of my work on it personally, but I try to update people on my art journal sometimes. As for my embroidery company, I have a Tumblr for it at [poisonirisjacketco](#) and a [Facebook page](#).

For the Record #34: Kailey

The original interview was posted on Tumblr on June 3, 2015.

Kailey (littlerinder) is a 21 year old art student who was born and raised in Vermont. She spends her time going on long walks, wandering in libraries, burping, hugging anyone who lets her, over-analyzing everything, sewing dresses, writing letters, and drawing. She kindly took the time to tell me about her journal process:

1. How long have you been journaling?

I've been journaling on and off for nearly 15 years. But it hasn't been constant journaling - sometimes there have been years between journals!

2. Can you describe how you use your journal?

All through middle and high school I kept diaries full of rambles and anxieties, but towards the end of high school I realized how much more therapeutic it is to draw than simply rant. I haven't kept a specific art journal in a few years but my sketchbook often end up being fairly diary-esque. This year I've tried to make it a habit to draw my view every day, I don't know if it counts as an art-journal but it is a great way to document adventures.



3. I love your "my view" drawings and that you include your hands in them - it's very unique! Why do you journal?

I journal to document and reflect upon the events of life. I also have a terrible memory and taking the time to journal has helped me to remember more.

4. How often do you work in your journal?

I try to work daily but it ends up being pretty sporadic.

5. What are your favourite supplies to work with?

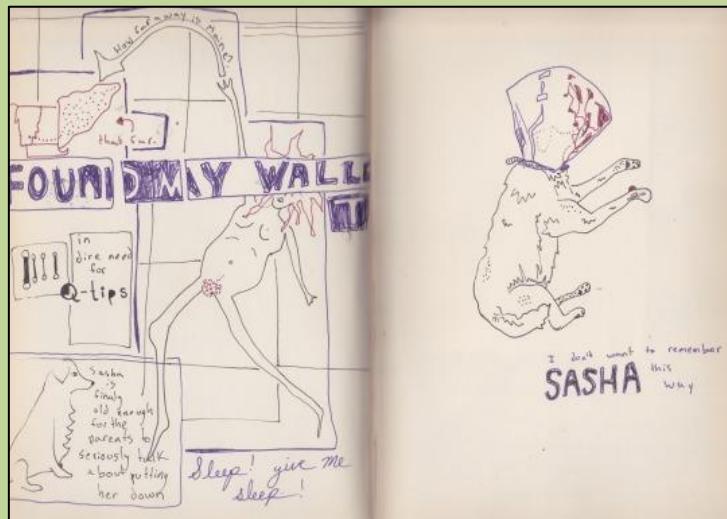
I stick to pens but sometimes like to add colored pencils or collage or paint with gouache.

6. What inspires you?

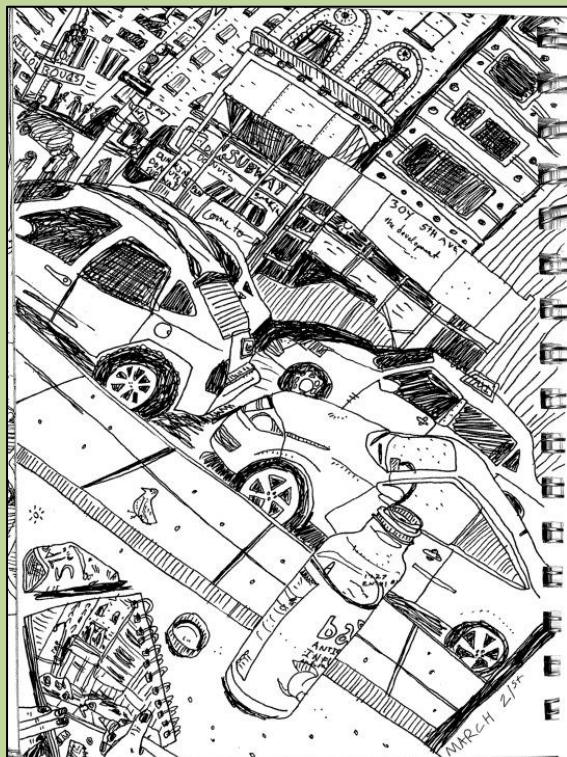
I can't seem to draw unless it is from observation so my inspiration is usually just whatever is directly in front of me. But sometimes Tumblr is what is in front of me and then my art gets to be a little more interesting. I reblog art and things that inspire me to here <http://kalesnail.tumblr.com>, if you'd like to see that.

7. Do you ever use your journals as a basis to create other art?

I haven't yet! But perhaps I should consider doing so.



8. What are your thoughts on destroying journals?



I always really enjoy looking back at old journals (even if only to roll my eyes at my dramatic rants) sooo I don't think it's a good idea to destroy journals. I have thrown away my journals from middle school but it wasn't even therapeutic as all those thoughts and events had already occurred, it isn't like I forgot them just by getting rid of the evidence.

9. Thank you for answering these questions! Where else can we find you/your work online?

littlerinder.tumblr.com (all my projects from sewing to drawing and a few selfies thrown in too)

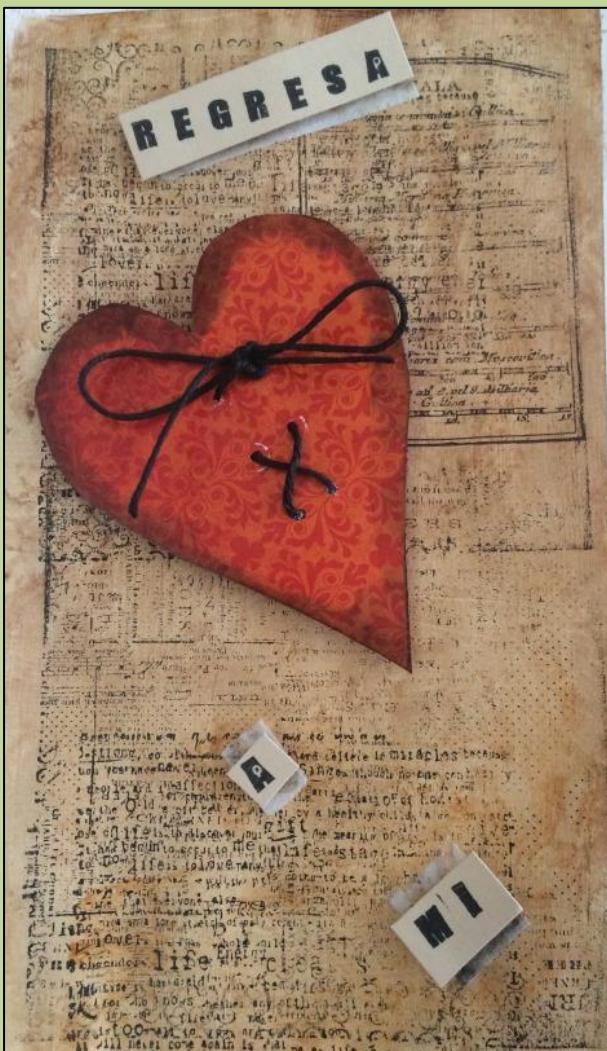
<http://onceuponarinder.tumblr.com> (a collection of my sketchbook views)

<https://instagram.com/littlerinder/> (a mix of sharing my art, adventures, my dog, and childhood photos)

For the Record #35: Carmen

This interview was originally posted on Tumblr on June 6, 2015.

Carmen ([mycarmenstuff](#)) is a 55 year old full time domestic goddess and mother of three girls. She currently lives in central Canada.



1. How long have you been journaling?

I have been journaling for 2 years; after I picked up my first copy of Art Journaling Magazine I was hooked on art journaling.

2. Can you describe your journal style?

My journal style is whimsical. I have reoccurring images of butterflies, hearts and flowers in my art journal. I am always trying to improve by techniques and experiment. My journal is really the record of my artistic journey.

3. That's a lovely way to describe it! Why do you journal?

I journal because I need to it. I just found that this art form is so much fun and so challenging at times, and sometimes I get to play with glitter. What's not to love about that!

4. How often do you work in your journal?

I have set myself a challenge of producing a journal page a week for a year. I work in my sketchbook every day and my art journal at least 4 days a week.

5. What are your favourite supplies to work with?

I love stencils, stamps, good acrylic paint and, of course, glitter.

6. What inspires you?

Everything inspires me, nature, television shows, music, weather, plays, poems, photographs.

7. Do you ever use your journal entries as a basis for other work?

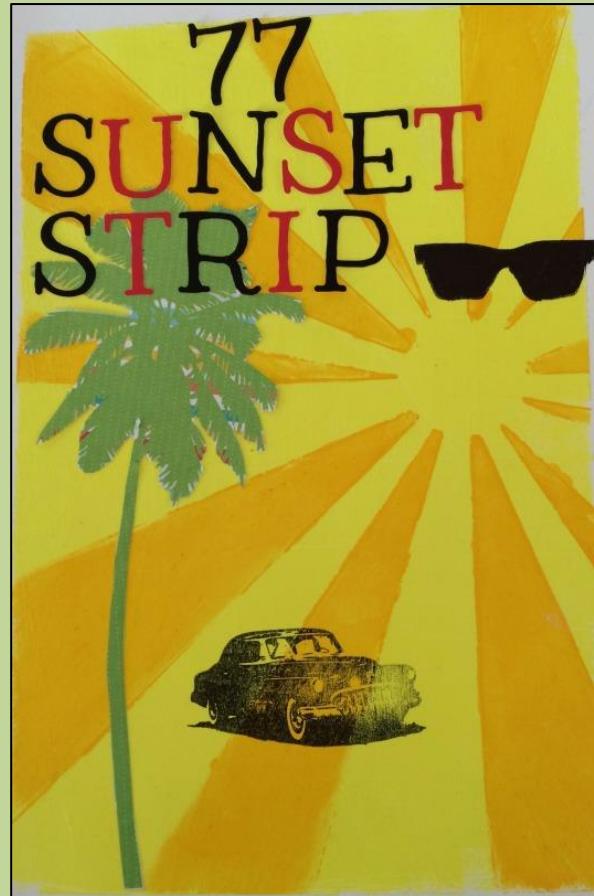
Yes, I use journal entries for basis for other work. I have done two small canvases based on a journal page, and I have plans for another canvas based on a journal page.

8. That's awesome! What are your thoughts on destroying journals?

I couldn't destroy a journal because I feel it is a record of your life. But, I have ripped pages out of my art journal that weren't good or I made an error in producing. I think it is your journal it should make you happy. If you aren't satisfied with a page rip it out and try again.

**9. Thank you for answering these questions!
Where else can we find you/your work online?**

As of now, just on Tumblr at mycarmenstuff.



For the Record #36: Anonymous

The original interview was posted on Tumblr on June 10, 2015.

[go-alicipearl-universe](#) (since deactivated) is a 57 year old writer who gardens and explores visual art (especially collage and photography) quite passionately. She tries her best to live a limitless and non-competitive life as authentically as possible. She kindly took the time to talk about her journaling:

1. How long have you been journaling?

I started making simple glue books with my grandmother when I was 3 years old and began adding words at 4.

2. Wow, that's amazing you started so young! Can you describe how you use your journal?

I use my journals as an emotional and psychic laboratory that helps me make sense of life. For more than half a century (!! Wow. I never thought of it as that kind of time frame until I was answering this question.) journal-keeping has been instrumental in keeping me both honest with myself and far better organized than I'd be without this sort of intensive practice being second nature to me. Nearly all my secondary reasons for journaling boil down to the sheer joy of personal documentation and, more to the point, my belief that journaling is a very powerful self/world awareness tool that allows me to express whatever I feel or observe in various ways. I can then take whatever I want to actively make/express to its life in the larger world with confidence in what I've created and why it matters to me.



3. Why do you journal?

Because the process of writing or creating something visual is extremely grounding and quite deeply satisfying. And I feel utterly safe whenever I'm involved with my journals. I also feel supported in my life's large and small choices. When I look back at random volumes I'm often and pleasantly surprised to realize by how consistent I've remained at a core level.

4. How often do you work in your journal?

Every day I work in at least 3 or 4 journals even if it's just quick line drawings, a stream of conscious one-sentence paragraph, or some spontaneous cut/rip and paste. In terms of working with more depth and concentration I try to maintain journal time five days a week. I maintain this practice even when daily life is extra demanding or I'm too tired or stressed to focus properly. I've learned the latter is really the perfect state of personal imperfection for making meaningful and unique collages.

5. What are your favourite supplies to work with?

I use hardcover spiral bound journals for writing. They must have very smooth paper so they won't snag or slow down the extra fine point gel pens I most like to use. For visual journals and gluebooks I use lots of copies of my original photographs. I love Uhu glue sticks and my very sharp ergonomic snip-scissors. I also love clear gesso, good quality colored pencils, Bombay/acrylic inks, fluorescent paint and repurposed magazine/junk mail collage fodder. As far as collage goes I also get a lot of inspiration and material from books I purchase at my town library's annual book sale.

6. What inspires you?

I wander in nature on a daily basis. Such wanderings, and daily connections with gardening endeavors, give me the kind of grounding I need to be effectively creative. I also gain a lot from careful study of writers and artists I admire or have learned from more formally. Color is extremely influential, as is clarity of vision. And I love those moments of feeling previously blurry



experiences and emotional responses rising to the surface of a collage in progress. Postcards - as a super simple means of communication and also as portable art museums - really inspire me as well.

7. I love that description of postcards as portable art museums! Do you ever use journal entries as a basis to create other work?

Yes, all the time.

8. What are your thoughts on destroying journals?

Six years ago I weeded through my extensive collection of writing journals and burned almost all the volumes that had mainly served as venting-space without a great deal of insight or observation related to whatever was angering, confusing or hurting me at the time. At first it felt like I was committing a felony but underneath that reflex I knew it was an enormous relief to stop carrying so much of that personal vibe around – literally and more figuratively.

9. Thank you for answering these questions! Where else can we find you/your work online?

All her social media has been deleted.

For the Record #37: Minny

The original interview was posted on Tumblr on June 13, 2015.

Minny ([dailydoodlelife](#) / [minnybee](#)) is from the UK. Her background is fashion design but she's interested in all things creative. She has lots of interests - sometimes she thinks she has too many - including sewing, crocheting, drawing, baking, and playing the ukulele!

1. How long have you been journaling?

I've kept diaries on and off since I was young. I currently have a diary I write in when I feel the need to document my thoughts. I only recently started to document my daily life through drawings in February this year. I wanted to do it for such a long time now but I've always put it off, sometimes life can get in the way!

2. Can you describe how you use your journal?

I like to use my Moleskine for my drawings. I first started sketching a doodle for each day of the week but it got a bit too much as it was a long process. I now just do weekdays and weekends or if I'm really busy or tired I might do weekly ones. After I sketch in pencil I then ink it and scan to digitalise it. I edit, make adjustments and add colour in Photoshop before I upload onto my Tumblr, Facebook, and Instagram.

3. I think that is such a cool idea! Why do you journal?

I like to document my life so I can look back and remember, I think I can be quite forgetful at times over certain things so this is a great way to jog my memory!

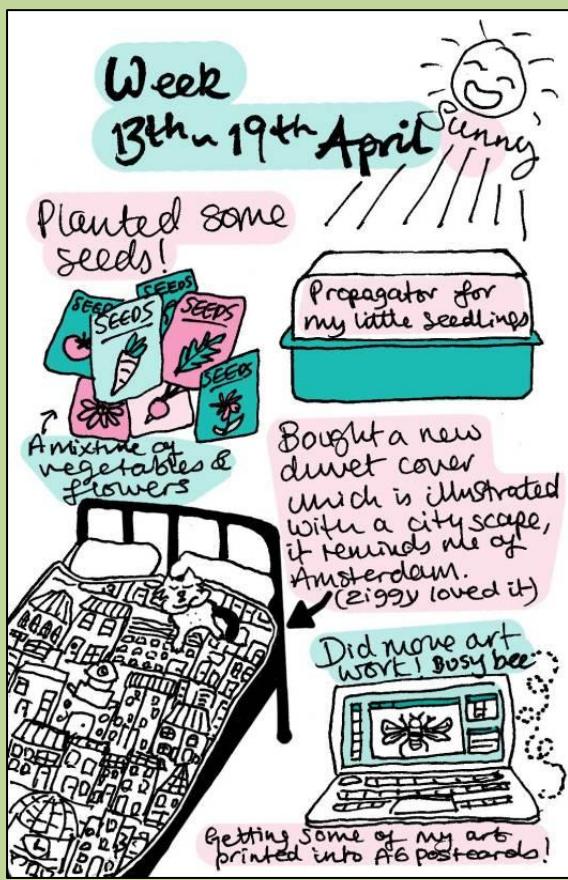
4. How often do you work in your journal?

The journal that I keep for my writings is used whenever I feel the need; I don't tend to write in it every day. I may even open it up and write in the days that have passed. This journal I keep private. My drawing journal is to document my days, I summarise the weekdays, weekends or whole week into one drawing, a bit like a comic sketch I suppose.

5. What are your favorite supplies to work with?

I do like my Moleskine, but I've not tried any other brand yet for my drawings. I am yet to find the perfect eraser! I want one that does not leave me with so much rubbing out, or an eraser with a wheel thing to roll up the rubbings out! I use a mechanical pencil and black fine liner.





6. Ugh, I know, erasers can be such a pain! What inspires you?

Comics, other illustrators, art, my surroundings and my life. Years ago my husband got me into reading comics and graphic novels such as American Splendour, Ghostworld, Maus, Persepolis, Barefoot Gen, and Doing Time. The things I most enjoyed with these comics were the life aspects in it, I loved the drawings of the mundane things that happens to us every day like, eating dinner, watching tv, going to work etc. Most people might be uninterested in such things but I like the details in the everyday.

7. As I said before, I think it's such a great idea! I also like the details in the everyday. Do you ever use journal entries as a basis to create other work?

Not at the moment, but I would never say never... It's over ambitious but one day I would like to create a graphic novel and hopefully get it published! I currently do other artwork but it's not related to my doodles.

8. That would be amazing - I hope you get to do that in the future. What are your thoughts on destroying journals?

I have in the past with my old diaries. I don't plan to with my current ones!

9. Thank you for answering these questions! Where else can we find you/your work online?

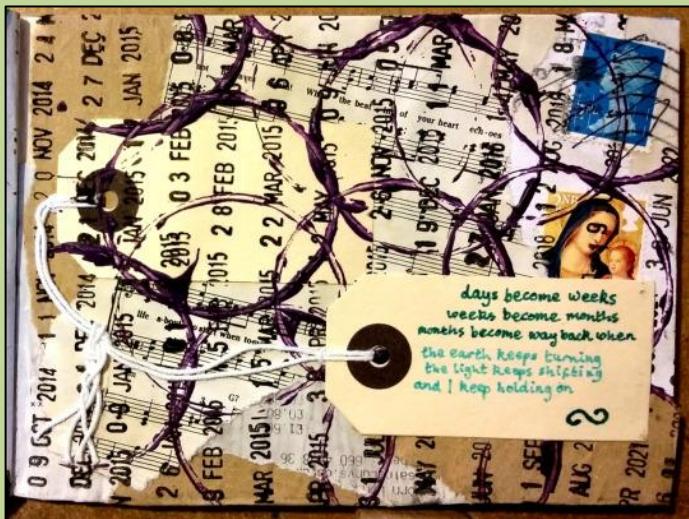
I'm all over social media! My journal is at: dailydoodlelife.tumblr.com

I sell my artwork on Etsy under the name MinnyBee (<https://www.etsy.com/uk/shop/MinnyBee>).

For the Record #38: Anna

The original interview was posted on Tumblr on June 17, 2015.

Anna ([adventuresina6](#)) is a 21 year old languages student in Bristol, UK.



1. How long have you been journaling?

I kept diaries on and off when I was little, but most of them usually tailed off after a few weeks. There's one from when I was about 6 which my younger sister got hold of a few years later and, while playing 'teachers', decided to mark it like school work, so it's full of felt tip comments like "(tick) - anymore?". I started seriously keeping a diary when I was about 13 and a half. I've filled lots of notebooks and day-to-a-page diaries and have managed to write something almost every day since then, even if it's

just "Tired.". I started art journaling more recently, back in January this year.

2. Can you describe how you use your journal?

I sort of fell into art journaling by accident. I bought an A6 sketchbook because it was 50p in a sale and then started collaging on a page a few weeks later because I was stressed about uni and wanted something else to focus on. I'm not sure how I'd describe the style – it's all pretty small given the size of the book, so there's only so much you can do on a page, but I quite like that limitation. There's often text and collage, sometimes drawn elements and figures, usually some sewing. It's kinda eclectic, I suppose.

3. I love seeing sewing in journals; I wish I was better at it! Why do you journal?

I journal because I enjoy it and it keeps me sane! A6 is the perfect size, in that I can just slip it in my bag and do a little bit of a page wherever. This is why I tend to do quite a lot of sewing in it – I'll start it off at home, then it's very easy to just carry on where I leave off whenever I want. So if I've got a break between classes at Uni, I can focus on something simple for a little bit to clear my head. I find stitching quite therapeutic, although I do often get odd looks and people in the common room saying to me "why are you sewing in a book?!".

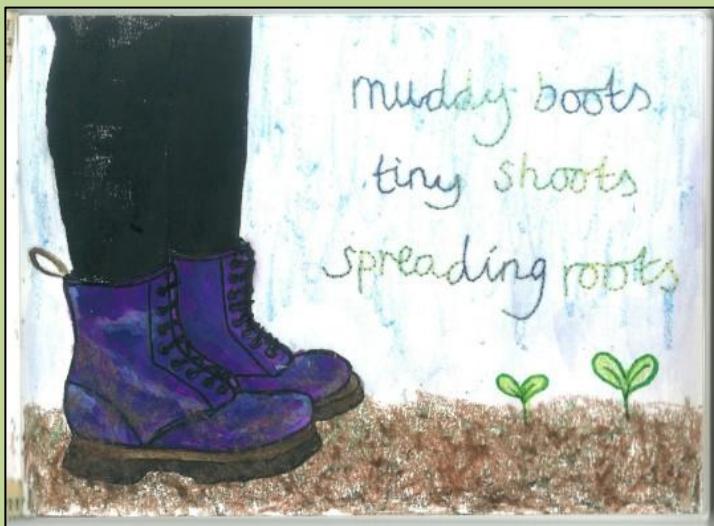
I suppose I also journal because it's for me and me alone. I did Art as a subject in Sixth Form and I found it super stressful and didn't especially enjoy the experience (although I'm now grateful for the skills and techniques it gave me). I also often make greetings cards and get asked to design publicity materials for shows at Uni, which I do enjoy doing but it feels a lot more like work. I journal because I want to, because there's a technique I want to try out or an idea I want to experiment with. I don't feel any obligation or responsibility to do it and it doesn't really matter whether or not I like the end result. It's for myself.

4. How often do you work in your journal?

How often I work on my journal varies depending on how much work I need to do or how busy I am in general. Although sometimes when I've got lots of things going on I end up doing more in my journal to procrastinate! Sometimes I'll do 3 pages in a day, sometimes I'll get one finished in a fortnight. It really depends.

5. What are your favourite supplies to work with?

Because my A6 pages tend to be mixed media, I have so many supplies that I love to work with! Embroidery thread, acrylics, watercolours, inks, wax crayons, felt tips, fineliners, tracing paper...Favourite collaging materials include old copies of the National Geographic (because of their amazing photos!), travel tickets, pretty packaging (e.g. wrappers from big bars of chocolate) and maps. I also recently obtained some masking fluid and I'm having so much fun with it!



6. What inspires you?

I'm mainly inspired by lines from songs or poems or stories and I tend to include them in the actual pages. I'm also inspired by my collage materials, as sometimes just seeing a picture in a magazine or a section of a map or a ticket for a journey will trigger an idea for a whole page. Or sometimes it's whatever comes into my head.

In terms of artists that inspire me (although many of these won't be apparent in my journal), I really love illustrators, especially Quentin Blake, Jan Pieńkowski, Eric Carle, Max Velthuijs and E. H. Shepard. I also spend a lot of time scrolling through people's art blogs on Tumblr and saying "that's a good idea!" and then trying new things out!

7. Do you ever use your journal as a basis to create other work?

I don't tend to use my A6 pages as a basis for other work, instead I use them more to practice techniques that I'll then go on and use when doing posters or cards or whatever.

8. What are your thoughts on destroying journals?

I'm not sure where I stand on destroying journals, I suppose it's down to personal preference. I like the sense of achievement when finishing a diary/sketchbook and I quite like flicking back through them, so I wouldn't like to destroy my own!

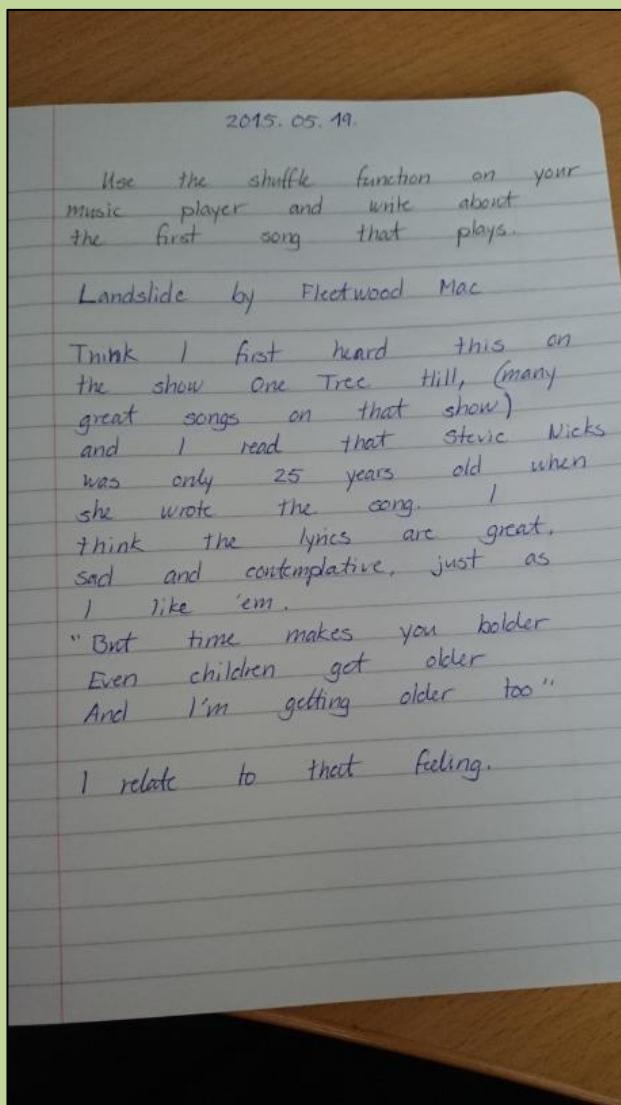
9. Thank you for answering these questions! Where else can we find you/your work online?

My blog is [adventuresina6](http://adventuresina6.com).

For the Record #39: Julia

The original interview was posted on Tumblr on June 20, 2015.

Julia ([notebookaddiction/syntium](#)) is a word wrangling, notebook addicted, Swedish Piscean. She merges words into sentences for fun (author or writer sounds so serious) and she does the writing in notebooks for the most part. She occasionally watch movies, spends waaay too much time procrastinating by the computer, and drinks a lot of tea.



times a day, and sometimes I've had month long hiatuses.

5. What are your favourite supplies to work with?

Marbled composition books, thought they cost me an arm, two legs and a few fingers to get them shipped here to Sweden. But they're worth it! They're the love of my notebook life.

6. What inspires you?

What goes on around me. I can rant quite a bit about the same things over and over, so I think my journal would be a super boring read to someone else. Hell, I find certain passages boring at times!

1. How long have you been journaling?

I've been journaling a bit on and off. I was always way too paranoid to keep a journal as a kid, even though I wanted to. When I was 16 I gathered the courage and started writing sealed letters to my future self. A year later I made the transfer to notebooks. I did that for a while, then on a whim, I burned all that I had written. I took up journaling again in 2011.

2. Can you describe your journal style?

I use it to vent what's going on in my head and in my life so it's a semi stream of consciousness kind of thing. Whatever comes to mind. I feel like I talk to the paper. I don't do any art work or doodling yet, but I want to.

3. Why do you journal?

Mostly to vent, get thoughts out of my system. I do prompts sometimes to get to know myself better. To have an archive of sorts. I also have notebooks where I write to my son, I don't write there on a regular basis, more to provide a kind of snapshot moments for him (and me).

4. How often do you work in your journal?

Whenever I feel like it. Sometimes several

7. Do you ever use your journal as a basis to create other work?

Sometimes I talk about my ideas and thoughts about them in my journal so in theory... Yes.

8. You mentioned that you've burnt your journals in the past. What are your thoughts on destroying journals these days?

My opinion is... Don't. Never, ever. NEVER destroy anything you've created. Put them in a vault if you're afraid someone'll read them. Of course, it's up to each and every one personally. I just feel sad when I hear that people tear out pages of their journals or get rid of them altogether. Like the world maybe lost something.

9. I'm guessing you regret burning your old journals?

Yes, burning those journals is my biggest regret in life!

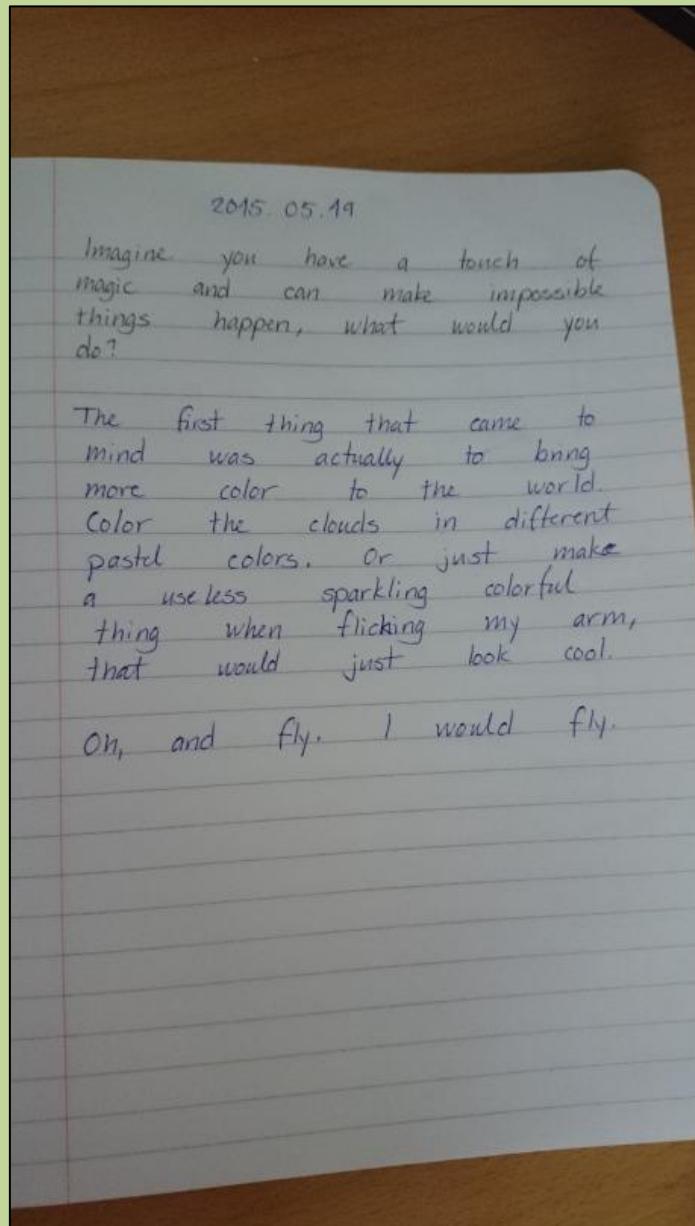
10. Thank you for answering these questions! Where else can we find you/your work online?

Twitter: @syntium

Tumblr: <http://notebookaddiction.tumblr.com/> (or <http://syntium.tumblr.com> is my primary blog that I might fire up again)

<http://ask.fm/SillySyntium>

I sometimes do journal prompts and post them on Tumblr, so here's some prompts (above) exclusively for this interview. =)



For the Record #40: Anonymous

The original interview was posted on Tumblr on June 24, 2015.

[all-things-journal-related](#) is a 20 year old student living in London. They are currently in their second year of University, studying History. They kindly took the time to share their journal process:

1. How long have you been journaling?

I don't really remember a time when I wasn't journaling but it was very on and off until January 2011. Before that, I used to journal without any regularity in any notebook I could find. I had a major problem with consistency and used to give up on each journal I started. In 2006 (I think) my journal was read aloud without my permission and exposed to my extended family. I got into a lot of trouble for the things I wrote. Mostly I was just angry at the violation of my privacy and it put me off journaling for a long long time. But in 2011 I had a notebook on hand and I was feeling very irritated so I picked it up and started writing, I haven't stopped since.

2. I'm so sorry you had such a bad experience with keeping a journal, but I'm glad you picked it up again. Can you describe how you use your journal these days?

I've started to type my thoughts out on to my laptop and then copy them down into my journal. I don't know how counterproductive that is but sometimes I have so much on my mind, and I type much faster than I write. Still, I think the writing process is beautiful and admire those who do it regularly. I was inspired by the idea of a commonplace book. Anyone who has seen/read A Series of Unfortunate Events by Lemony Snicket will know that Klaus kept a commonplace book. Like Klaus I wanted to write down anything I might need later on in life. Now though I mostly do brain dumps as part of my journaling process. I have around four regular journals; the first is my daily(ish) journal, the second is my quotes journal, the third is my Q&A A Day journal, and the last is a more recent bullet journal.

3. Why do you journal?

Catharsis is a word that stems from the Greek word meaning purification. Catharsis involves the purification of emotions through release. That's the best way to explain why I journal; so that I can renew and refresh myself from the emotions that clog my presence of mind. I also love the idea of collecting memories/moments from my life, some people collect shells and ticket stubs and I collect the words that transcribe my life.

4. That's a beautiful way to think about it. How often do you work in your journal?

This varies, a lot. Sometimes I write in my journal every day and sometimes I can go days without writing. Usually though I write a few times a week, whenever I have some free time to myself.

5. What are your favorite supplies to work with?

I don't keep an art journal or create art in my journals anymore. Mostly, I use my journals to write in and my favourite journals are Piccadilly fine ruled books, they're so smooth but so difficult to find! I adore detailed and ornate journals and have many of those but find the simple journals to be easier to write freely in. For the last few years I've only used Matador pens simply because they're so easy to use.

6. What inspires you?

Other people's journal collections and journal pages for sure! I love watching videos of people's collections and one of my favourite YouTubers is CassandraMae. I also enjoy looking through journals on Pinterest and Tumblr. Often when I'm feeling uninspired I like to use online journal prompts. I read a book once by Cat Clark called Entangled and I won't include any spoilers but the book is about a girl who wakes up, kidnapped and has to write everything away, every thought and worry that passes her mind. I love the idea of feeling free after having spilled my heart out onto paper.

7. Do you ever use journal entries as a basis to create other work?

I do, though very rarely. When I was in school I used to base some of my artwork on the dreams that I'd written about in my journals.

8. What are your thoughts on destroying journals?

Throughout my childhood and pre-teen years I had destroyed many journals. I understand why people do so. I think it depends on each individual, people who really want to destroy their journals shouldn't be stopped but I'm generally against doing so.

9. Thank you for answering these questions! Where else can we find you/your work online?

At the moment I haven't got any of my work online anywhere but on my [Tumblr](#).

Thank you for reading and many many thanks to Lifethroughjournals for starting this project! :)