

Journal Prompts for IKAA Participants

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You're an adoptee and attended the IKAA Korea Gathering this year. To help folks honor and organize what it means to them, I created this brief collection of journal prompts to help you name and describe the process to yourself as well as with others if you choose to share. Please feel welcomed to research your local directory for adoptee community and/or mental health support at any time, know you're not alone and know those around you are cheering for you!!

-Cam

Before

This was the right time for me to be at IKAA this year because...

I was most excited for...

I was looking forward to re-connecting with...

I couldn't wait to/for...

I felt nervous about...

My expectations were...

During

Something I didn't expect but warmly welcomed was...

One thing I found myself thinking/saying repeatedly...

Something I wish could have gone differently was...

A time when something went well for me/us, a sparkling moment...

One of my strengths that was highlighted or that I noticed come alive was...

This aspect of my personality shifts to the background/foreground, I can tell because...

Something that made it feel difficult for me to stay present was...

Something that helped me stay present was...

I appreciated this aspect of being able to speak/present/share...

I learned this new perspective/insight about adoption or/and my journey...

Seminar/workshop/presentation/event that impacted me... [who, what, where, how, etc.]

An idea that I'll need more time to understand...

Three predominant feelings I noticed happening simultaneously for me were...

My IKAA experience wouldn't have been the same without (person place thing action event, etc)

I plan to incorporate these aspects from IKAA into my adoption journey...

Vivid memory/scene from Korea I'll probably never forget...
Questions that came up while I was in Korea...
Emotions that came up while I was in Korea...
Being here is hard because...
Being here is life-giving because...

Sensory log, what I'll remember most:

Sight:
Sound:
Taste:
Smell:
Touch/feel:
Balance and spatial orientation:
Body position/movement:

Important conversation I had:

With who:
About what:
Where were we:
When was it:
What happened before and after:
How did it come up:
Why it left an impression on me:

While I was (t)here, I noticed myself feeling *less* anxious about...
While I was (t)here, I noticed myself feeling *more* anxious about...
Heightened feelings of...
Decreased feelings of...
A side/part/piece of me came to life a bit more while I was here...
If I were to wake up tomorrow back at day one, I would be a bit more mindful about...
I feel compelled to express appreciation to an IKAA staff/coordinator specifically for...
When folks ask me, "How was IKAA?" it will be hard to describe...
Before I leave IKAA/Korea, I need...
Before I leave IKAA/Korea, I want...

After

If I were to draw a three-window picture about my before, during, after, here's what it would look like...

I was different in Korea... I felt different in Korea... I behaved different in Korea... here's how I notice that now that I'm back...

Something I'm still trying to process is...

What I'm missing most is...

A piece of my story that I have more curiosity about is... (layer of story, adoption topic/concept/call to action, person, place....)

After some time has passed, a memory that has stayed with me is...

Something that IKAA and/or being in Korea helped me realize (about self; about others) is...

Now that I'm back:

I feel sad about...

I feel worried/anxious about...

I feel energized to...

I feel inspired to/by...

Ongoing support:

Now that I'm back, I need:

Now that I'm back, I want:

To recognize and honor the transition from that space to where I am now, here are 5 things I can engage either immediately or gradually over time (consider reaching out to IKAA alumnus):

- People:
- Places:
- Things:
- Actions:
- Events:
- Resources:
- Who what where when why:

This is a simple guide meant to help you organize your reactions to the experience of being at IKAA and in Korea for a duration of time. Please use it as a launchpad to facilitate your own self discovery and the connections you're able to celebrate in and through your time together at IKAA this year. I'm cheering for you and can't wait to see what happens next!

Peace!

Cam