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# Voice Recorder Journaling: The Art of Loving, Healing Self-Dialogue a.k.a. 'Talking the Blues'

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Lesson 1a (Watch) - Introduction		
VIDEO · 15 MIN		
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Chapter 1 - Homework Exercises		
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## Course Notes - Before you get started

**Time Involvement:**

You can take the course all in one setting, over a few weeks or a blend of both, it's up to you.

All in one sitting	Slowly over 9 weeks	Hybrid Course
(Approx. 2.5 hours) Homework time varies	(Approx. 30 minutes/week) Homework time varies	Mix of audio, reading and video Pick and choose where to start Come back and review anytime Homework time varies

**Formats:**

We have offered the course content in **3 formats** so you can choose the one you prefer for each week.

- **Watch** via video slideshow

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