

Writing for Healing

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Pen Ready?

Who I Am

What Is Writing to Healing

Why Are You Writing

What Are You Writing

Journaling Exercises

Any Questions





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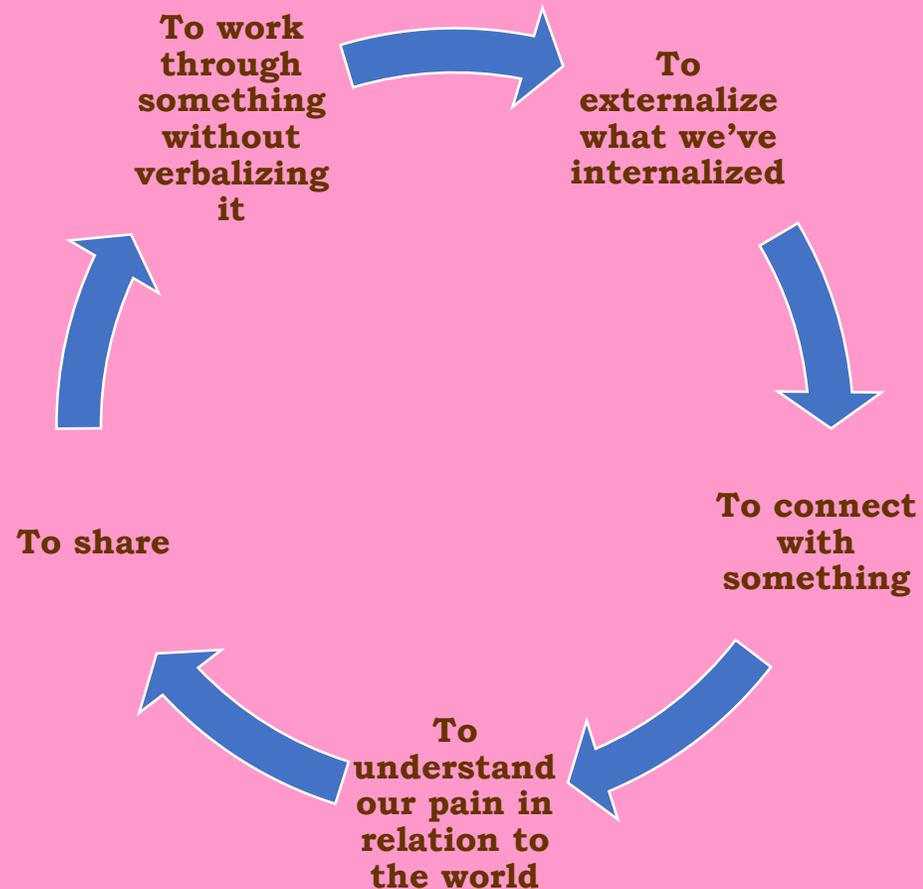
Professor

MS Survivor

Cervical Cancer Survivor

Entrepreneur

Why Do We Write to Heal?



The Power of Journaling

When you are going through these journaling exercises, it is important to set goals and be honest with yourself.

Keep in mind your goals for today, for this week, for this month, and for this year; then expand on each.

Explore the support you may need to achieve those goals, strategies, potential barriers, and how to overcome them.

Does it REALLY work??

By helping people manage and learn from negative experiences, writing strengthens their immune systems as well as their minds.

-DR. BRIDGET MURRAY



Explore Your Strengths & Weaknesses

Make a list of three qualities you have that you consider weaknesses, then explore how these so-called weaknesses might be recast as strengths.

For instance, if you believe micromanagement is a weakness of yours, it could also mean that you're organized and responsible.

Once you determine the strength write about a time when you used that quality in a positive way.

If you can't think of a recent example, write something aspirational (how you might use this quality positively in the future).



Dive Into Your Emotional State 1

Write about a moment when you felt a particular happy/positive emotion and how you physically experienced it.

Were your palms sweating? Was your heart racing or head throbbing? How did you experience/interact with your environment through all your senses? Was it dark, sunny, stuffy, or breezy? What did you hear and smell?

By expressing your emotional state through your physical experience of it, you're able to delve into the heart of it. You can also write about your current state: What emotions are you experiencing right now, and what's the physical response?



Dive Into Your Emotional State 2

There's a relationship between our thoughts, emotions, and behaviors.

Chart your thoughts, emotions, and behaviors over the past month, listing two examples for each.

What effect did your thoughts, emotions, and behaviors have on one another? And how did your changes in each category affect the other two?



Discover Your Safe Place

Think of a real or an imaginary place where you feel safe and at peace. Create that place in your mind and write a detailed description of it using all your senses—what you see in this place, but also what you hear, smell, taste, and feel.

You can then use this as a visualized meditation, closing your eyes, breathing, and imagining this place thoroughly, one sense at a time.



Practice Gratitude

List five things that you're grateful for — people, positive experiences past or current, places, material items — then expand on each one, describing it/him/her in detail, perhaps at a particular moment in time.



Make Time for Joy

List three activities that bring you joy. Expand on each activity, describing a recent time when you fully engaged in it.



Be Aware of Your Self

List three positive qualities/strengths that you value in yourself.

Then list three qualities that you aspire to achieve. Expand on each quality. For the qualities you already have, what are recent examples when you showcased them?

For the qualities you aspire to, how might you achieve them?



How Do You See You?

List five roles or labels that you think define you.

Write just one word/ phrase/ sentence for each, not prioritized, not a summary of your whole life. Don't overthink.

What rises to the surface as important now?



Be Aware of Your Self

Think of one thing that you need right now. Write out how you might most effectively communicate that need to a particular person. Then write out what you imagine that person's response will be.

(That person could be you)



Any Questions?



Thank You for your active participation!!

I hope you found this helpful and will continue to write for healing.

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