WORKSHEET 10.1  EXPRESSIVE WRITING

Using a note pad or journal, please write a detailed account of a trauma you experienced. Continue this exercise for at least 15 to 20 minutes a day for four consecutive days. Make sure you keep your writings in a safe, secure place that only you have access to.

In your writing, try to let go and explore your deepest thoughts and feelings about the traumatic experience in your life. You can tie this experience to other parts of your life, or keep it focused on one specific area. You can write about the same experience on all four days or you can write about different experiences.

At the end of four days, after describing the experience, please write if the experience has helped you:

• understand what it means to you
• understand your ability to handle similar situations
• understand your relationships in a different light