

# Expressive Writing

EXPRESSIVE WRITING IS THE PROCESS OF LETTING YOUR THOUGHTS AND FEELINGS FLOOD ONTO THE PAGE, WITHOUT STOPPING TO EXAMINE, JUDGE OR PERFECT. IT'S A FREE-FLOW PROCESS THAT ALLOWS THE THOUGHTS AND FEELINGS TO POUR OUT, LIKE WATER FROM A TAP.

*FIND A PEN, SOME PAPER AND A QUIET SPACE.*

PICK AN IMAGE: THIS CAN BE THE VIEW FROM YOUR WINDOW, A PICTURE IN A NEWSPAPER, OR AN OLD PHOTO. TAKE FIVE MINUTES TO WRITE IN DETAIL ABOUT WHAT YOU SEE. AS YOU WRITE, TUNE INTO YOUR FEELINGS AND STAY PRESENT WITH THEM. IN THE NEXT FIVE MINUTES, OPEN UP TO WHAT THE SCENE IS TRIGGERING IN YOU. WRITE DOWN ANY THOUGHTS AND FEELINGS THAT EMERGE FROM OUR EMOTIONAL RESPONSE TO THE IMAGE. TRUST WHAT EMERGES. DON'T GO BACK AND EDIT ANYTHING. ALLOW YOUR WORDS THEIR OWN SPACE.

## **BENEFITS OF EXPRESSIVE WRITING:**

**THE PAGE CAN HOLD THE FEELINGS SO YOU DON'T HAVE TO.**

**WRITING EXPRESSIVELY IS A MINDFUL PROCESS THAT KEEPS YOU FULLY ENGAGED IN THE MOMENT.**

**EXPRESSIVE WRITING TAKES YOUR FEELINGS SERIOUSLY.**

**THE ACT OF WRITING EXPRESSIVELY RELIEVES STRESS AND ANXIETY.**

**MUCH LIKE TALKING THERAPY, EXPRESSIVE WRITING HELPS YOU BUILD EMOTIONAL RESILIENCE TO COPE WITH WHAT LIFE HAS TO THROW AT YOU.**

**WRITING THINGS DOWN BRINGS CLARITY AND FREES UP YOUR ENERGIES TO BE MORE CREATIVE WITH YOUR LIFE.**