

## Expressive Writing

To start, plan to spend at least 5-10 minutes (or longer, if you want) writing about a difficult topic or memory you have. Write about your deepest thoughts and feelings about the topic without worrying about spelling, grammar, or sentence structure. Just write.

- It's okay to take a break while writing, if you wish to do so. Please note if/where you took a break by putting a / mark.
- Please note any emotions you are feeling while writing (e.g. sadness, anger, guilt, fear) in parentheses where they occur

It is recommended you find a private place to write where you won't be disturbed. Your writing is for you and only you. Typically, people are encouraged to write about the same general topic 2-4 times, but that is up to you.

As you write consider the following:

- What are the emotions associated with this memory or topic?
- How this has impacted how you feel about yourself, your family and the world?
- What your "now" self would say to the you in your memory?