“Writing to Heal”

Purpose: A simple therapeutic writing technique devised by Dr. Pennebaker at the University of Texas at Austin to help heal issues caused by emotional upheaval.

Supplies:

- Pencil/Pen
- Lined paper (preferably a booklet, or otherwise divided and providing room for all 4 entries)

What to say:

In this group we will be doing a short writing activity. We will write for 20 minutes about our deepest feelings on an emotional upheaval in our lives. We WILL NOT be sharing the writing with others, so please don’t hold back in your writing for fear of embarrassment.

*Afterwards we will be relaxing for the end of group.

This is a 4 part series. The full healing ability for this writing process will only take place if you write for 15 - 20 min. 4 days in a row.

*The guidelines are provided below. They can be printed out for individuals to use as reference.

Writing to Heal:

http://www.utexas.edu/features/archive/2005/writing.html
Writing to Heal

Basic Writing Strategy:

Over the next 4 days write about your deepest emotions and thoughts about an emotional upheaval that has been influencing your life the most.

Really let go and explore the event and how it has affected you. You might tie this experience to your childhood, your relationship with your parents, people you have loved or still do love, others in your life, or even your career.

Write continuously for 20 minutes.

- Don’t worry about spelling and grammar
- Write only for yourself
- Write about something extremely important and personal to you
- Deal only with events and situations that you can handle now

*Remember, this is your own personal diary, you do not need to share it with anybody!