

5 writing exercises to heal your soul

Writing allows us to make sense of things. When we see events in black and white, we can begin to explore our true feelings. It can help us find answers, or even accept that we may never have any.

Anyone who's been lost in a book knows that words can take us places. They have power. Journaling can help in practicing mindfulness and work through even day-to-day mundane problems.

This short eBook will give you 5 writing prompts to help you along your own healing journey.



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TO
heal

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I'm CiCi Reagan, the founder of Write to Heal. I'm a recovering addict and domestic abuse survivor, and have been writing since I could hold a pen. I still have an Anne of Green Gables journal from when I was 12 years old!

Writing has been paramount in my healing process and has saved my life many times. I've been sharing my poetry on reaganeyes.com since 2012 in an effort to help others who've been through similar experiences to know that they aren't alone.

I started Write to Heal for this same reason. I wanted to build an inclusive community for survivors of addiction and abuse to come together and heal using the power of poetry, just as I have.

The logo for 'Write to Heal' is a circular emblem. It features a light pink background with a dark pink border. The words 'write' and 'heal' are written in a cursive, dark pink font, with 'TO' in a smaller, dark pink, sans-serif font in between. The emblem is decorated with a leafy branch at the top and bottom. The bottom of the emblem is set against a background of diagonal hatching lines.

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How does writing heal us?

In 1986, James Pennebaker conducted an experiment wherein he asked his students to write for 15 minutes a day about trauma they'd experienced, while another group of students spent the same amount of time writing about something neutral.

He then monitored them for six months, noting how often they visited the health centre.

The students who had written about their feelings made significantly fewer visits to the doctor.

References:

<https://www.bbc.com/future/article/20170601-can-writing-about-pain-make-you-heal-faster>

<https://www.apa.org/monitor/jun02/writing>



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Writing Prompts

Feel free to complete these however feels best to you. I like to put pen to paper- I find that in itself to be therapeutic, but feel free to use your computer or phone if you prefer.

Some of these might bring up difficult subjects for you, but that's okay. Take care of yourself and reach out to people you trust for support if you need it.

1. I really wish others knew this about me...
2. The two moments I'll never forget in my life are... Describe them in great detail, and what makes them so unforgettable.
3. What always brings tears to your eyes?
4. Write about a difficult memory and the coping mechanisms you used at the time. Would you change the way you dealt? How?
5. Write a letter of forgiveness to yourself.



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Join our Community

Do you need additional support? Would you like to join an inclusive community of people who want to heal from abuse and addiction through the power of poetry?

The Write to Heal community is here for you!

Our membership is a judgment-free zone for survivors of addiction and abuse who want to heal through the power of poetry.

It includes poetry basics (structure, form, etc), inspirational content, as well as information on what's worked for me, some of my favourite poets, and other mediums for you to be even more creative.

Not only that, but I have guest experts (other artists, therapists, etc) sharing their knowledge as well!

Additionally, there is a whole community for everyone to get to know each other, support each other, and discuss topics that matter to them in a safe space.

I'd love for you to join us!

See you there,

CiCi



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