

Journal to Heal Workshop

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 practising mindfulness and work through even day-to-day mundane problems.

Throughout this workshop we're going to focus on cultivating a supportive community where we'll work towards achieving freedom, maintaining healthy relationships, becoming more healthy and reliable, and really knowing and trusting ourselves.

This workbook will give you plenty of room to complete your daily tasks, but feel free to use an existing journal or even get a special one just for this workshop!

You can fill this in on your computer, but I recommend printing this out or using your own journal- putting pen to paper is so cathartic and healing.

Please do only one task a day- it's great if you're inspired and want to keep going but I've been guilty of that before and end up burned out. Take your time, do the tasks, and get involved! See you in the group!

-CiCi



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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 with a pink background. The words 'write' and 'heal' are written in a cursive, pink font, with 'TO' in a smaller, black, sans-serif font in between. The circle is decorated with a grey leafy branch at the top and bottom. The bottom-left corner of the circle is filled with a grey hatched pattern.

write
TO
heal

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Day One - Mantras

I write mantras in my journal all the time. They help me focus my thoughts onto creating something positive rather than spiraling into anxiety and repetitive thoughts.

What is a mantra? It's either a word or sound repeated to aid concentration in meditation, or a statement or slogan repeated frequently.

You can use anything as a mantra- if it's important and makes sense to you, that's all that matters. For example, my favourites are "I am abundant and all of my dreams are already coming true," "I release my desires into the field of pure potentiality," "today, I judge nothing that occurs," and "everything I need is within me."

I tend to write these over and over in my journal and even repeat them quietly when I'm out in nature walking my dog.

Today, why don't you create your own mantra. Take what concerns you and flip it on its head. If finances are difficult for you, create a mantra around abundance. If you worry about your health, craft a mantra that reminds you that every day you're becoming healthier.

Write your mantra(s) below, along with any other thoughts this might bring up. Remember it throughout your week and use it to change negative emotions and thoughts into positive ones.

Post your mantra on today's task thread in the group!



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Day Two - Gratitude

Being in a difficult situation or struggling with mental health issues can make it seem impossible to be positive. Gratitude can feel so far away.

No matter where you are, though, there will be something you can be grateful for.

I remember being stuck in an abusive relationship, using alcohol to cope, and being sure that I'd never make it to age 25. I was constantly beaten down by my partner and my physical health was suffering due to my addiction. But even then, there were things I was grateful for.

I'd lost my mom at nineteen, but I had a baby sister who I was close with. My partner was awful, but his best friend was dating a woman who was so kind to me, and now we've been friends for over a decade. And when I can think of nothing else, in the depths of despair, I'm grateful for Taco Bell. (I'm not kidding- I love Taco Bell with my whole heart.)

What are three things that you're grateful for? No matter how big or small, gratitude is a powerful tool. If you feel comfortable, share them in the group on today's task thread!



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Day Three - Resentments

I know, I know- this task seems like a bit of a downer. I promise it's so empowering to do this though- when we recognise what resentments we're holding onto we can let them go. The sense of freedom that brings is indescribable.

I've found that it's when I've been able to let go of feeling resentful that I've truly been able to heal, and I want that for you, too!

Today, I want you to think about something you're holding a resentment about. This can be a person, an event, anything that's nagging at you. Write it down, feel that emotion, and let it go. You may have to let it go over and over, even daily, but if you really want to move on then you can and you will. You can even write it on a separate piece of paper and burn it! (Just be safe if you do.)



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Day Four - Happiness

It's so easy, especially as a survivor of abuse, addiction, or other trauma, to fall into people-pleasing behaviours to protect ourselves. Doing this means we lose sight of who we are, what we want, and what makes us happy.

I'm definitely difficult of this, especially on high-anxiety days. I'll completely push down even my most basic needs because I'm consumed by fear of rocking the boat literally by just saying what I want.

Today, complete the following thought: "I feel happiest when..."

You can describe a situation in which you were happiest or just list things you love. What did it feel like, sound like, taste like, who were you with, when you were the happiest you've ever been? Share it with the group on today's task thread!



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Day Five - I deserve

When we feel that we're stuck in a current mindset or situation, it begins to feel familiar, and maybe we think that's all we'll have or all we deserve.

That isn't true. Your past doesn't define your future and you are absolutely capable of everything you want to achieve and deserve everything you want and desire.

What do you truly deserve in life? What are the dreams you want to achieve? They can be simple or grandiose, but remember that they're yours and therefore absolutely sacred. Write about them in present tense, as though you already have them, and share one or two in the group on today's task thread! I'm so proud of you. Let's finish this week off on a real high!



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Extra Room



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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, addiction, and trauma through the power of writing?

The Write to Heal community is here for you!

Our membership is a judgment-free zone for survivors who want a safe space to heal. You can even maintain your anonymity with other members if that makes you more secure.

It includes writing and 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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