



Expressive Writing Instructions

Write about your deepest thoughts and feelings on an issue that has impacted your life.

- Write for at least 20 minutes at a time for 4 days in a row (or at least 4 days in one week). It's ok to write for a longer time but try not to do less.
- Write continuously. Do not stop, edit, or worry about spelling or grammar. If you can't think of anything to say then write that, just keep the pencil on the page.
- This is not for sharing or even re-reading. Destroy or hide what you have written when you are finished so you can feel free to really let go without worrying how it will affect others.
- Tap Out Rule. If what you are writing becomes too upsetting you can stop immediately. This is only for issues that you can handle right now.

It is normal to feel sad or depressed for a while after you complete each writing so leave yourself some time to reflect on what you've written. Those feelings should dissipate with time. Of course, if you dig up emotions that aren't easily resolved, it might be a good time to talk with a therapist to help heal past experiences.