



Write Your Story Find Your Healing

Owning our story can be hard but not nearly as difficult as spending our lives running from it. Brené Brown

*It is through our writing
that we can find healing
for our past shame,
blame, pain and anger.
All it takes is simply to
write. Thinking about it
doesn't make it work! We
must write it out.*

Be courageous!

Be brave!

Be bold!

Write your story,

Find your Healing!

Karry Ann

Your Story Matters

Before I was asked to write my story for the book “Simply Women... 30 Magnificent Women Who Have Risen Against the Odds”, only 4 other people had ever heard about what had happened to me. I was keeping it buried deep inside of me and the pain it was causing was doing things to my soul that I wasn't even aware of for many years.

Then the call asking for our stories came, and I would lay awake at night thinking to myself, “Who am I to think I have a story to tell and what if by sharing my story, I might hurt others?”

And then I would hear a different voice, “Your story matters and it might help other women just like you.”

So, I started to write.

My free gift to you are some tips that I have learned so you can find your courage to share your story and find your way to your own healing.

Write Your Story



Get yourself a Journal

The first thing to do is find something write in. It may be a pretty journal with a lovely pen or it might be a fun program on your computer. Don't worry about spelling or form or grammar - just write. Get it out. Dump it all out. Don't even worry about starting at the beginning. Just start.

Tears are words that need to be written. ~ Paul Coelho ~



Write from the Heart

Start from the heart. Keep it true. Share all of the feelings you feel. Pour it out from your heart and your hurt and your pain.

But go gently. If it gets too painful, find a counselor who can help you with the parts that are too much. A good place to find someone to talk to for free is [Free Mentorship Coaching Program](#) through Simply Woman Accredited Trainer Institute.

Expose yourself to your deepest fear: after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free.

~ Jim Morrison ~



Be Gentle

Write when it feels comfortable. Don't force things. Write and see what comes up. Most importantly write it ALL. It is when we get down to the nuts and bolts of things that we can finally find our relief.

When we can open up and let it all out is when the healing starts. This might take a lot of time. It might take a bit of going around and around until you can get to the root of the thing. You will know when you have gotten there because your load starts to feel lighter. When you start to feel that release, now is the time to go deeper.

Pain in life is inevitable but suffering is optional.



Go Deeper

Keep writing through your fears, shame, blame and pain. It is a proven fact that expressive writing is an effective way to help us deepen our understanding of self and start to heal from our past.

To find the full benefit in the healing, we should remember to write unapologetically, don't worry about what anyone else is going to think. If you do that, then your story is going to be a week version of you and it will not bring the healing it could.

Keep digging. Keep it real.

There is a surrendering to your story and then a knowing that you don't have to stay in your story. ~ Colette Baron-Reid ~



Share your story

Every story matters. Believe in yourself and your worth. Find someone to share your story with. Our stories unite us.

By sharing our story, we may be the voice of encouragement to help others know that they are not alone.

Every time someone who cares, bears witness to your story a magical thing happens in your body. Your body turns off the stress response and shut down toxic stress hormones like cortisol and epinephrine while turning on relaxation, which releases healing hormones like oxytocin, dopamine, nitric oxide and endorphins. This helps your body turn on the innate self-repairing mechanisms and functions that act as preventative medicine. It helps relax your nervous system and helps heal your mind of things like depression, anxiety, fear, anger and feelings of disconnection.

It is beneficial to share your story, both you, the writer, AND to your reader.

When we share our stories, what it does is open up our hearts for other people to share their stories. And it gives us the sense that we are not alone on this. ~ Janine Shepherd ~

The day will come when the story inside of you will want to breathe on its own.

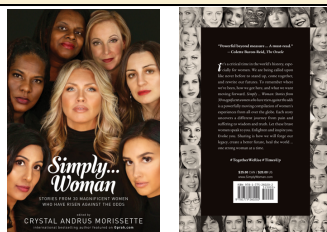
That's when you will start writing.

~ Sarah Noffke ~

Once I opened up and shared my story in “Simply Woman...30 stories of Magnificent Women Who Have Risen Against the Odds”, I felt a deep healing come over the pain that I had been carrying, a hurt and shame that I wasn’t even aware was my burden because I had been carrying it for so long that it just felt normal. My story was received with love and acceptance from all the people who read it and this helped me feel love for myself also. I no longer had any fear about sharing my story. It is just a story. It no longer defines who I am or am not. Women now email me and tell me that they have been through similar experience and say how they have felt so alone all this time. By being brave and sharing my story, I have helped them find their way to have courage to share their own stories and to find their own path to healing. Sometimes just knowing that there is someone else in the world that understands what we might be feeling, helps us find out way to let go of our own shame and pain and then we can stand tall and truly say,

“once we climb our hardest mountain we will indeed find the best and most astounding view!”

‘The View from The Top’ by Karry Ann ~ ‘Simply Woman’



Be courageous - Be brave - Be bold - Write your story - Find your healing

~ Karry Ann ~

karryann.com