



Anxietylab.org
3-4-5 Program Course

Feel-Write-Shred

Writing for stress release rather than to set goals.

This kind of writing is different from journaling. Journaling is writing things you want to work on or remember or follow up on later. But writing out feelings, fears and things that bother you then tossing that away is an important exercise and will help keep your mind clearer of the "mental junk" that should be cleared out of your mind everyday.

Summary:

write down the things that trigger you, bother you, anger you as well as the things that make you scared or feel fear. These things can and should be cleared out and tossed in the trash - it is mental junk that builds up during the day.

This is an important task especially for trauma survivors.