

WRITING THERAPY *guide*

♡
soulful moment





Hello!

*Welcome to the beautiful practice of therapeutic writing.
Personally, I have been using writing as a form of therapy for over 30 years.*

It can be amazing what happens when we speak or write what we are experiencing, thinking and feeling - as we get it out of our mind and body, it can often offer us a different perspective.

Writing Therapy is something you can learn to do by yourself, or you can share what you write with your Therapist, which is more cost effective because you have already done some of the deep discovery work that usually happens in a session.

I love helping empower people to be able to develop their own therapeutic practice, one that helps them find clarity, understanding and healing during a challenge time, which is the purpose of this Writing Therapy Guide and everything we create at Soulful Moment.

with love

Belinda

Writing Therapy Guide

INTRO

Writing Therapy can be a powerful tool.

The exercise described in this guide is to help increase self-awareness and deepen the self-reflection process.

The main purpose is to assist you in explore any issues until you get to the core of what you are experiencing.

The first part in this exercise of writing therapy is to write down from your **human self** what you are feeling and thinking (unfiltered),

the second part is to respond from your **soul self**, this is where you ask questions, and explore things as an 'observer', relying on the wisdom in your subconscious, soul, wise self, core (whatever word feels right to you).

These are only guidelines

It is impossible to address all possible challenges and issues that people face in one workbook.

So, take what you need and ignore what you don't.

Again

The point is to first connect with what is happening, how you feel, what you are thinking, write it all down, unfiltered, raw and real.

Then, in the second part, you become more of an observer of what is happening. Where you look at what you have written from more distance and then respond the same way you would if a loved one had wrote it.



Some intentions to *keep in mind*

TO HELP WITH THE PROCESS

During the second part of the exercise when you are the 'observer', don't judge any feelings as good or bad - they just are.

Emotions are neither good or bad.

They sometimes just **feel** uncomfortable.

Be **curious** about why you are feeling that way instead of judging it.

Remember

The purpose is not to "fix" anything. Nothing is broken, especially not you. The exploration will help you to progress further in your thinking, awareness, and understanding.

Honesty

The more honest you are – the more you will get out it. It takes courage to have raw honesty. It also takes some trust in knowing that you will be okay.

Please seek help if you feel you aren't coping with any emotions, issues, situations or challenges you are experiencing, severe trauma needs face to face therapy sessions.

Releasing control

Once you get to the core of things, there is freedom and space for things to transform.

BUT, changing things or 'solving things' can't be the main purpose or intention, that is too much of a suffocating hold on the process. Release control and any expectations of the outcome.

Embrace emotions

The point is not to eliminate 'negative' emotions forever, but rather connect with them.

Get to know them, get to know why they have shown up, and be okay when they do visit.

This helps us to learn how to better deal with them and ultimately not be afraid of them.

Just Write

unfiltered
unedited
unconditional
uncensored
unguarded

First, write down what you want, need and have to say (don't worry about anything except writing it down and getting it out of your head, heart, body, soul... whatever it is and where ever you store it – release it with words).

Write:

What the problem is.

How the problem makes you feel. What emotions are present.

What is happening as a result.

Write down any worries or fears you have.

Include what your thoughts are – what sort of things do you tell yourself regarding this issue.

Then leave it a while:.

It might be for an hour,

It might be a day,

It might be a week,

It might be longer.

When you are ready to continue writing, take a moment to ground your self first. You are going to comment on what you have previously written and ADD to it - from a different perspective.

One where you are looking AT the problem and the feelings associated (rather than them being inside and a part of you).

When you read back what you wrote earlier – it might help to imagine that a friend wrote it. Remind yourself that a human being willing to be vulnerable wrote it.

Offer compassion and kindness in your comments – the same way that you would if anybody else had written it.

Connected with your core self - that space inside you, where everything you have ever experienced has been used to gain strength, understanding, and wisdom.

That's the place we are connecting with, that's the part of you that is going to help you address what you have already written.

You may want to write this second part in a different colour or style to easily see the difference.... although eventually, it all becomes the same voice again.

As you
Write:

try to open things up,
challenge everything,
redefine what words mean,
ask questions,
then answer them.

Identify Thoughts

Identify what the thoughts and thinking are like – are they helpful, illogical or unkind? Are they true? Do you think other people think this way?

What would you think if a friend said those types of things to you? Would it be acceptable? Mean? Maybe even abusive?

Look for patterns

Explore when else this emotion/issue turned up in your life?

How do you react when it shows up?

What meaning do you place on this issue/emotion?

Is this the first time you are experiencing anything like this?

Identify beliefs

What beliefs surround the issue or your feelings. Are the beliefs valid? Are they useful? What impact do these beliefs have?

Clarify emotions

Label feelings and emotions as specifically as you can (ie; you might be upset – but what other emotions do you see being present? Use the list of emotions at the end of this workbook to help if needed).

Identify your expectations

What are your expectations regarding this problem?

What are your expectations about the way you feel emotionally?

Address control

Do you have any control over the problem?

Do you have any control over the emotion that is triggered?

Do you have any control over how you respond to the emotion?

What choices do you have available to you?

Clarify what is *the Problem*

Is the problem really the problem (ie; what happened)

Is the emotion the problem?

Is your reaction to the emotion the problem?

How would you like to react?

Ask yourself

Questions

1

What do I need?

2

What do I want?

3

What am I feeling
deprived of?

4

Am I being kind to
myself?

5

Am I being
compassionate to
myself?

6

How do I want things
to be?

Offer yourself *Advice*

- ♥ What might be helpful?
- ♥ Is acceptance needed anywhere?
- ♥ Would kindness make things easier?
- ♥ Is patience needed?
- ♥ Is action needed?
- ♥ Is just sitting in the "I don't know" unknown place needed for a while?

*Offer yourself whatever advice
you would give your best friend*

Lastly ,

imagine what your life would be like if:

if you...

didn't have this problem?

didn't have the thoughts
about this issue?

didn't have the beliefs that
surround this problem?

weren't fearful of anything
around the issue?

didn't react to the emotion?

+

then

which emotions might be
present instead?

who would you be,
if you responded,
felt
and thought
differently?

Ponder the miracle question
If you woke up tomorrow and
the issue/problem/challenge
had magically disappear
overnight -
how would you know?
what would be different?

“

Sometimes
this process
continues after you stop writing,
So
allow some time
for the process to continue.

THE MOST SOULFUL THING
WE CAN DO
IS ACCEPT OUR HUMAN SELF

NOT

ignore it
minimise it
reject it
or shame it

EVERY PART OF OUR BEING

needs to be

accepted - not rejected
loved - not judged
nurtured - not abused
seen - not ignored

”

Thank-you!

*I hope this guide has been helpful for you.
See our website for therapeutic products and other inspiration..*

Also, if you feel like you might need some extra personal support as you heal, or navigate life during a difficult time, I work with women supporting them on their healing journey (through writing to each other).

I help you to ask the right the questions in order to deepen your awareness, working with me is a bit like journaling but if your journal reply back to you.

It really is a beautiful mixture of journaling, writing, counselling and emailing -perfect for those of us that are introverts and prefer to write than speak.

It is a powerful way to do this deep inner work, PLUS it teaches you how to use writing as a form of therapy.

To learn more check out my website (www.soulfulmoment.com) or email me (connect@soulfulmoment.com).

with love *Belinda*

Client

Testimonial



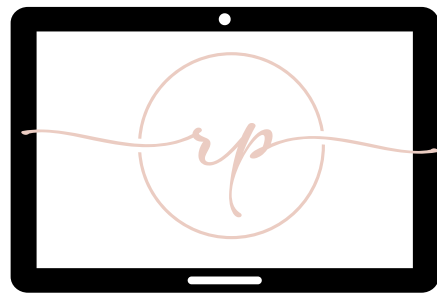
"I am not one that easily opens up about my issues, but Belinda made me realise that it's ok to ask for help.

She didn't try to fix me or give me the answers. Instead she asked the hard questions without judgement and I gained some much needed perspective.

I felt listened to, supported and gained tools to help me in the future.

Doing it via email/online was perfect as it allowed me to organise my thoughts and I didn't have to worry about travel or time off work"

JD
NZ



You have helped me in ways that are invaluable.

My daughter is becoming this independent beautiful young lady and it's because you showed me how to look at things in a different way.

I couldn't see that some things I was doing didn't really benefit her, and I had a lot to work on my end...and I have.

RP
USA



connect

www.soulfulmoment.com connect@soulfulmoment.com

LIST OF Emotions

Writing Therapy

Angry

abrupt
aggressive
agitated
annoyed
antagonistic
bitter
controlling
critical
cross
disrespectful
enraged
envious
exasperated
frustrated
furious
hateful
hostile
hot-headed
impatient
infuriated
insulting
insulting
irritated
jealous
loud
mad
malicious
mean
offensive
overbearing
poisonous
reactive
rebellious
reprimanding
repulsed
resentful
revengeful
sarcastic
scornful
seething
short-tempered
spiteful
stubborn
unpleasant
upset
vindictive
violent

Depressed

achy
alienated
ashamed
bad
blocked
burdened
closed
crabby
cranky
dejected
despairing
desperate
despicable
despondent
diminished
disappointed
discouraged
disheartened
dissatisfied
down
gloomy
glum
grouchy
grumpy
guilty
hopeless
low
lousy
miserable
moody
negative
no energy
pessimistic
powerless
punishing
resistant
self-deprecating
self-critical
self-hating
stuck
sulky
terrible
touchy
violent

Afraid

agoraphobic
alarmed
anxious
apprehensive
attached
attacking
avoiding
cowardly
defensive
disrupted
disturbed
dreadful
fearful
frightened
guarded
immobile
inhibited
insecure
intimidated
intolerant
nervous
panicked
paranoid
petrified
phobic
prejudiced
restless
rigid
scared
self-absorbed
self-conscious
shaky
suspicious
terrified
threatened
timid
troubled
unwelcoming
uptight
worried

Sad

aching
afflicted
agonising
appalled
belittled
bulldozed
anguished
blindsided
crying
desolate
devastated
dirty
bullied
crushed
deprived
distant
heartbroken
humiliated
disconnected
discontented
dismayed
fragile
grieved
groaning
hurt
indignant
injured
insulted
invaded
miffed
lonely
moaning
mournful
oversensitive
remorseful
sorrowful
offended
pained

pained
rejected
secretive
slighted
smothered
sour
sullen
tearful
unhappy
unworthy
suffering
tormented
tortured
victimised
withdrawn
wronged

Judgemental

attacked
blunt
bossy
brutal
complaining
disgusted
fake
frowning
hard
hurtful
neglectful
obsessive
phony
pushy
rude
serious
shallow
stern
stiff
stilted
tactless
unfair
worried

Other

alone
argumentative
awkward
blushing
bored
cold
comparing
compulsive
condescending
confused
demanding
dishonest
disillusioned
disoriented
distracted
distraught
distressed
distrustful
doomed
doubtful
dull
embarrassed
empty
fatigued
helpless
hesitant
hungry
incapable
incompetent
indecisive
indifferent
inferior
insensitive
isolated
jittery
judgmental
lifeless
lost
manipulative
nauseated
overwhelmed
pathetic

LIST OF

Emotions

Writing Therapy

Happy Emotions

perplexed
preoccupied
reserved
robotic
shut down
shy
sick
slow
sluggish
stressed
tense
tired
trapped
uncaring
uncertain
uncomfortable
uneasy
uninterested
unresponsive
unsure
useless
vulnerable
weak
weary

absorbed
accepting
active
adaptable
adequate
admiring
affectionate
alive
allowing
amazed
amused
animated
appreciative
approachable
approving
assured
attentive
attracted
authentic
aware
balanced
beaming
beautiful
blessed
blissful
bold
brave
bright
calm
carefree
caring
centered
certain
cheerful
child-like
clear
close

comfortable
communicative
compassionate
complete
composed
confident
confident
connected
considerate
constructive
content
cooperative
courageous
courteous
creative
curious
daring
delighted
devoted
dynamic
eager
easy
easygoing
ecstatic
efficient
elated
embracing
empathetic
encouraged
energetic
energised
engrossed
enjoying
enthusiastic
equal
euphoric
excellent
excited
exhilarated
expansive
festive
fine
flexible
flowing
fluid

focused
forgiving
free
friendly
fulfilled
fun-loving
funny
gentle
genuine
giving
glad
gleeful
glorious
glowing
good
graceful
gracious
grateful
grateful
gratitude
great
grounded
happy
harmonious
healthy
helpful
honest
honoured
honouring
hopeful
humble
innocent
inquisitive
inspired
intelligent
intent
interested
intrigued
involved
jovial
joyous
keen
kind
kindly

laughing
liberated
light
light-hearted
listening
loved
loving
mature
meditative
mellow
motivated
natural
non-controlling
nonjudgmental
observant
okay
open
open-minded
optimistic
outgoing
overjoyed
passionate
patient
peace
perseverant
placid
playful
pleased
positive
present
privileged
productive
quiet
radiant
receptive
reflective
relaxed
reliable
resourceful
respectful
responsible
responsive

rested
sane
satisfied
secure
self-affirming
self-sufficient
sensitive
serene
sharing
sincere
smiling
solid
spirited
spontaneous
stable
steady
still
strong
sunny
supported
supportive
sure
surprised
sweet
sympathetic
tender
thankful
thoughtful
thrilled
tolerant
touched
trusting
truthful
unassuming
understanding
unhurried
unique
upbeat
uplifted
waiting
warm
welcoming
wonderful
youthful