

## WRITING TO HEAL: 20 Minutes a Day for 4 Days

We all have conflicts and our attention. If you continues to bother you--divorce, an illness, an painful loss--that is a We can unravel a broken story and knit it back together. We can edit a shattering experience and even rewrite that painful episode.



unresolved issues that need have a broken story that -it might be an accident, a experience with abuse, a story asking to be healed.

You may be on a personal quest to clarify and deepen your sense of self. If so, writing about experiences in your life that matter to you and those that led you to important turning points allows you to define and understand more about who you are--really.

### **WRITING TO HEAL can change people's lives in several ways. It can:**

- improve sleep habits
- enhance immune function
- lower blood pressure
- improve work efficiency
- improve how people connect with others
- reduce symptoms in asthma and arthritis sufferers

**WRITING TO HEAL** is a brief process based on groundbreaking, scientific studies by James W. Pennebaker, Ph. D, and many others, over the past three decades. The studies show clearly that expressive writing about an emotional upheaval or unresolved issue for a little as **20 minutes a day, for 4 days**, can help you acknowledge your deepest emotions openly, write a coherent story, and find your own voice. The disturbing experience can be a single event or a long-term chronic problem.

**It can be very difficult to talk about ourselves** because some of the things we might need to talk about are very hard to share with another human being. **WRITING TO HEAL** allows us to surface things we've been hiding in our emotional (right) brain and move them over to the words of our thinking (left) brain. Releasing them safely and privately in our own way, rather than keeping them locked inside, allows us to control our stories, instead of having them control us. It also enables us to reach an understanding of what happened in our story. And when this happens, the interpreter in our brains can help us realign the pieces and make sense of them.

**WRITING TO HEAL** is a self-reflection tool with tremendous power. By writing honestly about our thoughts and feelings, we can find the threads of meaning and value in our life's most painful situations and weave them into a deeper sense of who we are and what our life is about.

*For more information click below:*  
**Writing to Heal Process.pdf**

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