

Writing Your Way To Recovery

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Outline

- Introduction
- Learning objectives
- Writing styles overview
- Poetry
- Journaling
- Social Media
- Stories
- Q&A



Learning Objectives



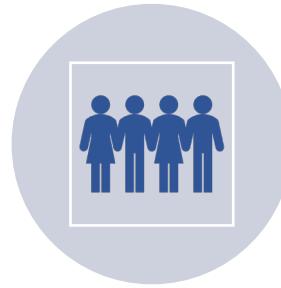
Learn to approach writing without fear



Write a poem to express feelings in a healthy way



Use a journal to record your recovery journey



Share personal experience as a way to heal and encourage others



Writing Styles

- Poetry – express your emotions
- Journaling – move through healing
- Social Media Posts – be authentic and encouraging
- Stories – share experiences

Poetry : Express Your Emotions

Feelings are not good or bad

- *What* you are feeling
- *Why* do you feel the way you do
- *How* can you express it in a healthy way
- *Will* you replace unhealthy mindsets with healthier ones



Haiku



Sonnet



Epic



Acrostic



Sestina



Clerihew



Pastoral



Ballad



Free verse



Ode



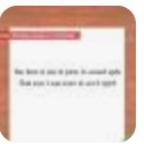
Narrative poetry



Cinquain



Epitaph



Couplet



Rondel



Ghazal



Limerick



Elegy



Villanelle



Concrete poetry



Prose poetry



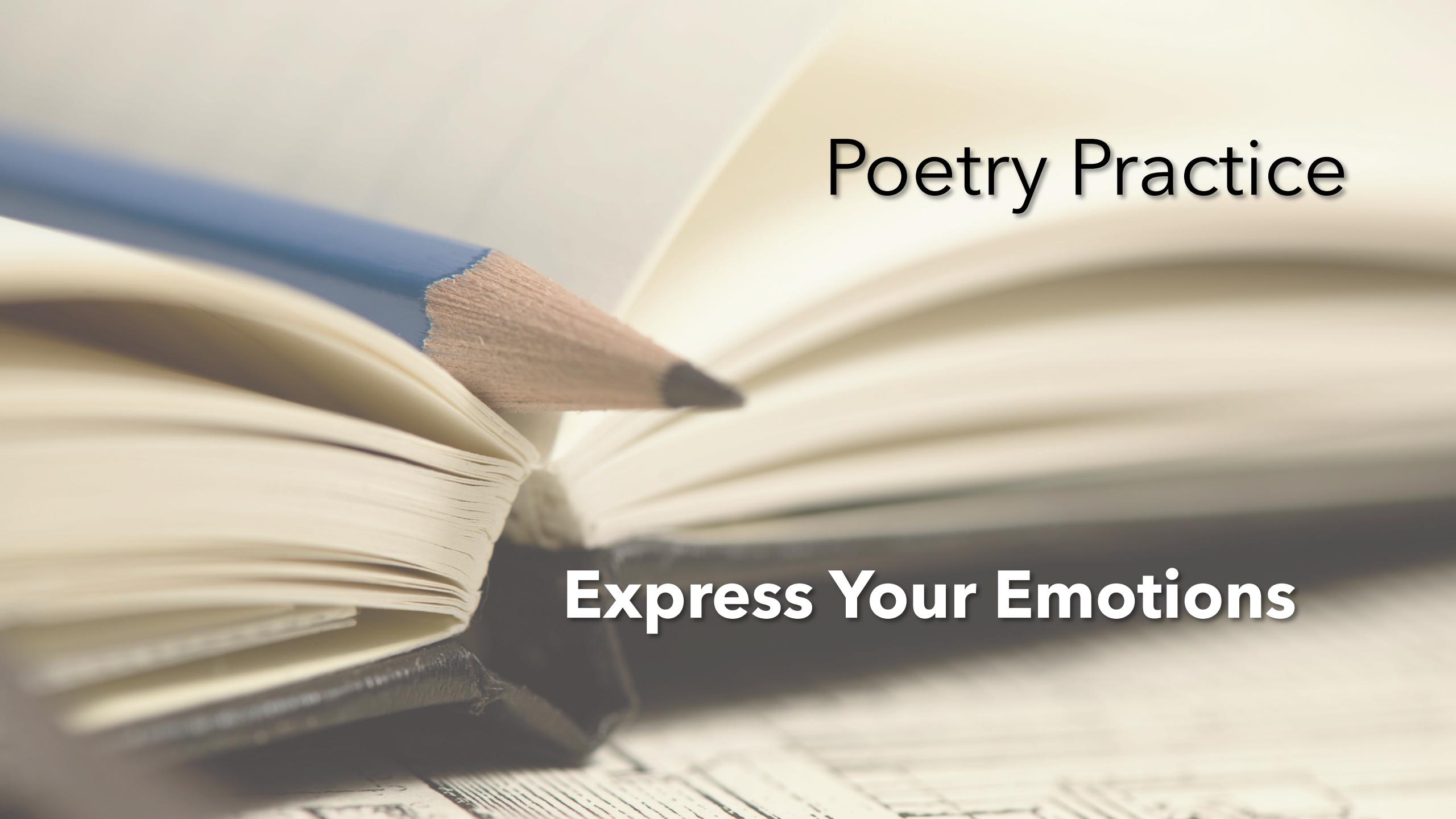
Occasional poetry



Stanza



Blackout poems

A close-up photograph of an open book. A blue pencil lies diagonally across the pages. The background is a warm, out-of-focus yellow. Overlaid text in the upper right corner reads "Poetry Practice" in a large, black, sans-serif font. In the lower right corner, a larger, white, bold, sans-serif font reads "Express Your Emotions".

Poetry Practice

Express Your Emotions

Journaling: Move Through Healing



TIPS FOR EFFECTIVE JOURNALING

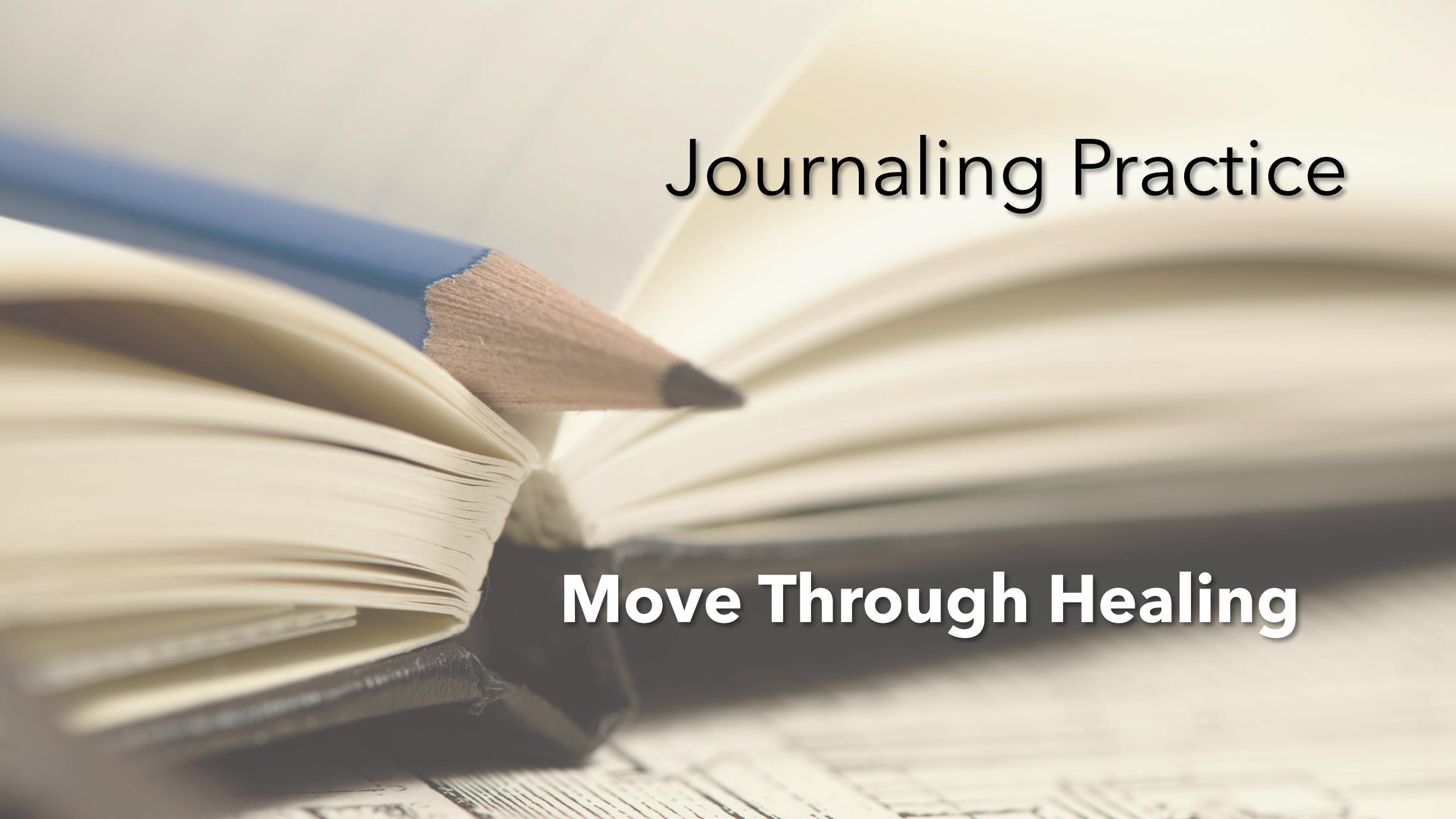
1. Consider what you may accomplish
2. Choose a time and place without interruptions
3. Write freely without worrying about grammar
4. Be honest about your feelings
5. Use prompts, topics, or senses to guide you
6. Go at your own pace
7. Review entries regularly
8. Seek professional help as needed

Thanks to my fellow author and poet, Sharon Shoemaker, for these tips. Check out her blog: <https://sharonsroseblog.wordpress.com/>

What to Journal

- Daily experiences
- Memories
- Topics
- Needs and wants
- Gratitude
- Prayers



A close-up photograph of an open journal. The left page is ruled with thin blue lines. A blue pencil with a sharp, light-colored lead is resting on the right page. The pages are a light cream color. The background is a plain, light-colored wall.

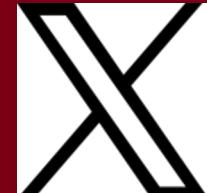
Journaling Practice

Move Through Healing

Social Media: Be Authentic and Encouraging

Tips and Suggestions

- Know your reason for posting
- It is okay to stay away from or take a break from social media
- Social media should not replace face-to-face interactions
- Posts do not allow for considering body language, voice inflections, or other observations



DOs & DON'Ts of Sharing Personal Info

DOs	DON'Ts
DO ask yourself, “Why do I want to share this?”	DON'T mention other people by name without permission.
DO share your own story, ideas, and experience.	DON'T be judgmental or harsh toward others.
DO share with passion to be inspiring to others.	DON'T post when highly emotional.
DO like or respond to positive comments.	DON'T respond to negative comments – use the delete option!

Social Media Posts Practice

Be Authentic & Encouraging

Stories : Share Your Experiences

- RESPECT Institute
- Blog post
- Article
- Book
- Memoir



How to Share Your Story

- Use a past-present-future approach
- Decide what to share and what not to share
- Be vulnerable in a healthy way
- Be respectful of others
- Share successes

Remember: you don't have to tell everybody everything about your life!

A close-up photograph of an open book. A blue pencil lies diagonally across the pages. The background is a warm, out-of-focus yellow. Overlaid text in the upper right corner reads "Stories Practice" in a large, dark serif font, and "Share Your Experiences" in a large, white, sans-serif font.

Stories Practice

Share Your Experiences



Thank you!

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