

Writing Your Way To Recovery

Caroline S. Cooper, MS, CPS

Writer, Speaker, Podcast/YouTube Host

In God's Corner Ministry





Agenda

- Introduction
- Learning objectives
- Writing styles overview
- Poetry: Express your emotions
- Journaling: Move through healing
- Social Media: Be authentic
- Stories: Share experiences
- 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

Poetry

Poetry : Express Your Emotions

Feelings are not good or bad

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

Song of Myself

Walt Whitman

I celebrate myself, and sing myself,
And what I assume you shall assume,
For every atom belonging to me as
good belongs to you.

I loafe and invite my soul,
I lean and loafe at my ease observing a
spear of summer grass ...

Poetry – Free Verse

Free verse poetry is poetry that lacks a consistent rhyme scheme, metrical pattern, or musical form. While free verse poems are not devoid of structure, they allow enormous leeway for poets, particularly when compared to more metrically strict forms like blank verse.

Romeo and Juliet

William Shakespeare

But soft! What light through yonder
window breaks?

Recognizing iambic pentameter

But SOFT! what LIGHT through YON-
der WIN-dow BREAKS?

But SOFT! / what LIGHT / through
YON / der WIN / dow BREAKS?

Poetry – Blank Verse

Blank verse is poetry written with a
precise meter - almost always
iambic pentameter - that does not
rhyme.

<https://www.masterclass.com/articles/poetry-101-what-is-the-difference-between-blank-verse-and-free-verse>

Iambic Pentameter – a
recognisable pattern where syllables
alternate between light stresses and heavy
stresses.

<https://interestingliterature.com/2020/03/what-is-iambic-pentameter-introduction-definition-examples/>

The Eve of St. Agnes

John Keats

St. Agnes' Eve—Ah, bitter chill it was!
The owl, for all his feathers, was a-cold;
The hare limp'd trembling
through the frozen grass,
And silent was the flock in woolly fold:
Numb were the Beadsman's fingers,
while he told
His rosary, and while his frosted breath,
Like pious incense from a censer old,
Seem'd taking flight for heaven,
without a death,
Past the sweet Virgin's picture,
while his prayer he saith.

Poetry – Narrative

Narrative poems feature an entire story, told by one narrator from beginning to end. It is distinguished from lyric poetry by its focus on plot over emotions. In practice, there is a crossover between these two types of poetry: poets often incorporate lyric elements into their narrative poems, and vice versa.

<https://www.masterclass.com/articles/what-is-a-narrative-poem-3-different-types-of-narrative-poems-with-poetry-examples>

Tall Nettles

Edward Thomas

Tall nettles cover up, as they have done
These many springs, the rusty harrow,
the plough

Long worn out, and the roller
made of stone:

Only the elm butt tops the nettles now.

This corner of the farmyard I like most:

As well as any bloom upon a flower

I like the dust on the nettles, never lost

Except to prove the sweetness of a shower.

Poetry – Lyric

Lyric poetry is a category of poetry, encompassing different subgenres, styles, cultures, and eras of time. The defining traits of a lyric poem are a songlike quality and an exploration of emotions and personal feelings.

<https://www.masterclass.com/articles/poetry-101-what-are-the-defining-characteristics-of-a-lyric-poem-definition-of-lyric-poetry-with-examples>

A close-up photograph of a blue pencil with a sharpened lead tip, resting diagonally across the pages of an open book. The book's pages are cream-colored and slightly aged. The background is softly blurred, showing more of the book and a hint of a surface below. The overall lighting is warm and natural.

Poetry Practice

Express Your Emotions

Journaling

Journaling: Move Through Healing



TIPS FOR EFFECTIVE JOURNALING

1. Consider what you would like to accomplish
2. Choose a time and place without interruptions
3. Write freely without worrying about grammar
4. Be honest about your feelings

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

Journaling: Move Through Healing



TIPS FOR EFFECTIVE JOURNALING (continued)

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

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What to Journal

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



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Journaling Practice

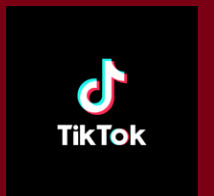
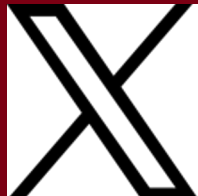
Move Through Healing

Social Media

Social Media: Be Authentic

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!

A close-up photograph of a blue pencil with a sharpened lead tip, resting diagonally across the pages of an open book. The book's pages are cream-colored and slightly aged. In the background, a newspaper with visible text and images is partially visible, creating a layered, academic feel. The lighting is soft and warm, highlighting the textures of the paper and the pencil's wood and paint.

Social Media Posts Practice

Be Authentic

Stories



Stories : Share Your Experiences

- RESPECT Institute – Speaker Training
- 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!

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Stories Practice

Share Your Experiences

Thank you!

- Caroline S. Cooper, MS, CPS
- caroline@ingodscorner.org
- (816) 589-0356
- www.ingodscorner.org

