

# Writing Your Way To Recovery

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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



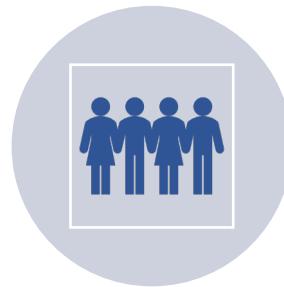
Learn to approach writing without fear



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?*



Haiku



Sonnet



Epic



Acrostic



Sestina



Clerihew



Pastoral



Ballad



Free verse



Ode



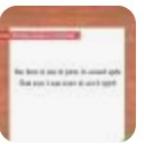
Narrative poetry



Cinquain



Epitaph



Couplet



Rondel



Ghazal



Limerick



Elegy



Villanelle



Concrete poetry



Prose poetry



Occasional poetry



Stanza



Blackout poems

## 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 loaf and invite my soul,  
I lean and loaf 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:

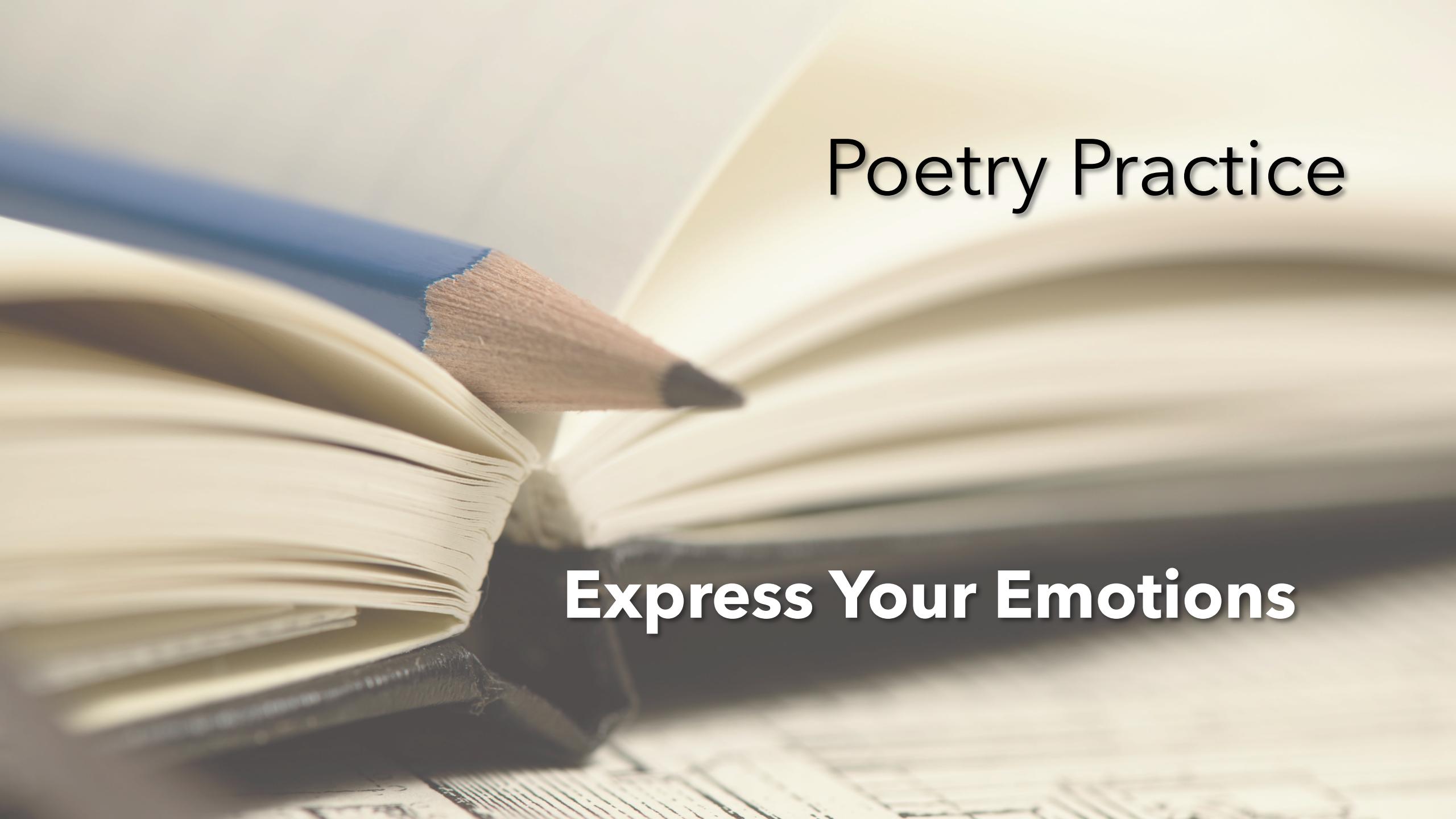
Only the elm butt tops the nettles now.

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 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

# Journaling: Move Through Healing

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## 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

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## 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

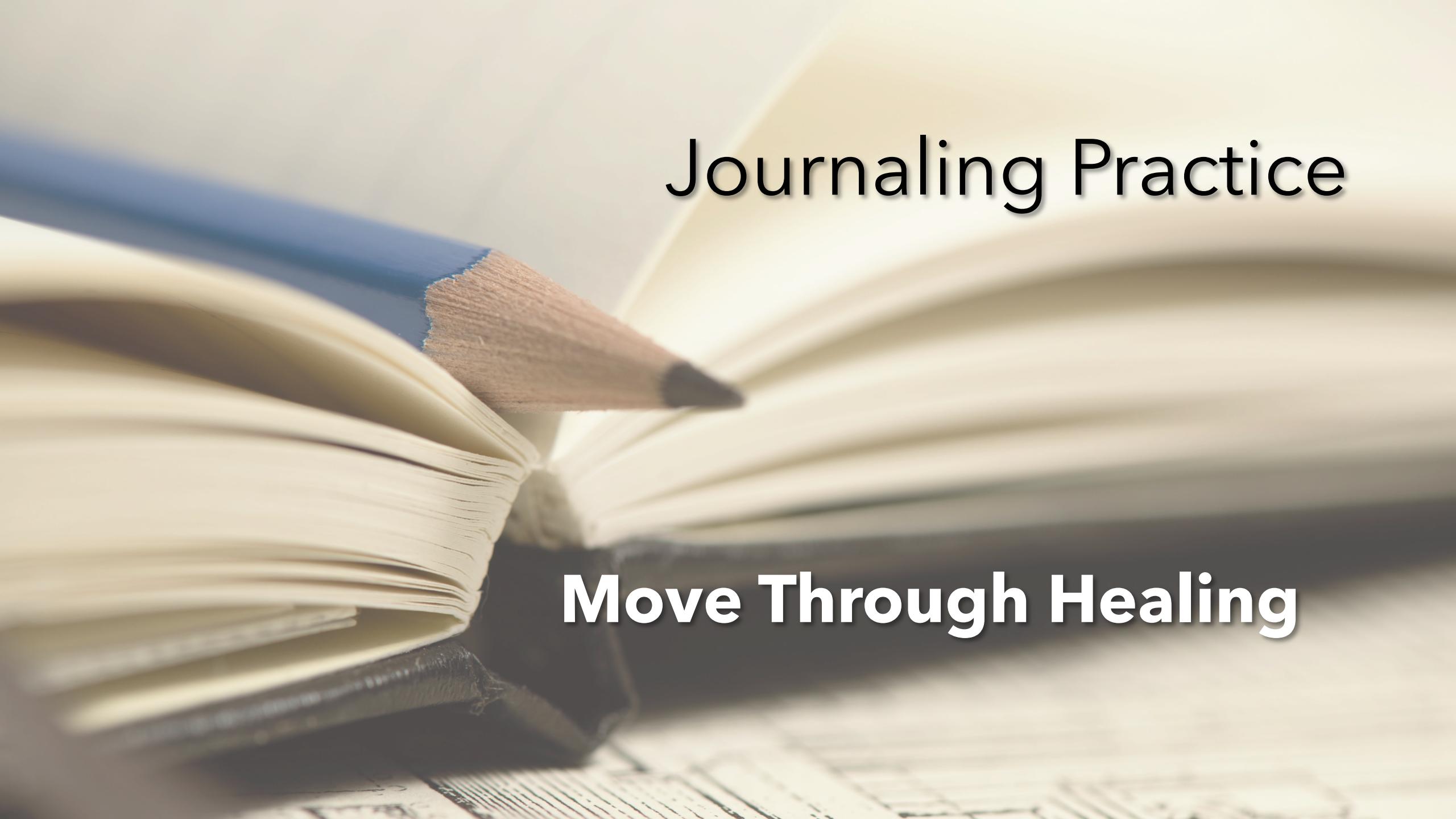
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# What to Journal

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



A close-up photograph of an open journal. The left page is filled with horizontal blue lines, while the right page is blank. A blue wooden pencil lies diagonally across the top left corner of the journal, its tip pointing towards the bottom right. The background is a soft, out-of-focus beige.

# Journaling Practice

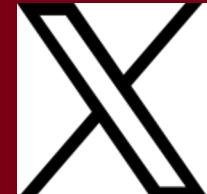
## Move Through Healing

# 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!

# 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!*

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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