“WRITING "STORY"

1.) Prioritize your wounding events

 and then you write about them,

 one at a time.

2.) "You write to remember,

 you don't have to

 remember to write."

 This means you don’t have to

 feel the pressure to conjure up

 all the details before you write.

 Writing helps you remember.

3.). Write about a specific

 wounding event, a

 story about that wounding

 event (Not your life story)

4.) Longhand writing only

 3 sides, 8.5" X 11"

5.) Start by writing about the physical setting, context, tone & mood of the time/place of event

6.) Write about the characters & dialogue of the event/story.

7.). Write in the voice of "younger"

 you. (ie. age 8, 10, 16)

8.) Include the emotions of ANGER

 regarding the injustice & GRIEF

 at what was lost.

9.) Attempt to "let it go" and let someone out of your own “personal prison".

10.) Use a picture of "younger you" to prompt your memory, if possible.

11.) Read your story to a professional in the presence of empathy, kindness and compassion.

12.) Identify your specific wound, the lie and the agreement on each story.

13.) Find compassion for “younger you”, not contempt or criticism.

14.) Integrate younger you and older you by giving younger you a voice, validating his/her wounds and inviting healing.