



Mindfulness & Loss Writing Exercise

“Expressive writing comes from our core. It is personal & emotional writing without regard to form or other writing conventions. It pays no attention to propriety: it simply expresses what is on your mind & in your heart.”

– John F Evans

Below are six questions. Please write as little or as much as you wish. Don't worry about punctuation, spelling or grammar. Give yourself time after writing to reflect on what you have written and to be compassionate with yourself. If you are worried about someone else seeing what you wrote, put your writing in a safe place, or simply tear it up or burn it which can also be therapeutic. But if you are not concerned that someone may read what you wrote, you may want to keep your writing, so you can come back to it and see how your answers change in the future.

- When I think about my loss I am aware that _____
- When I think about my loss I find myself paying attention to _____
- When I think about my loss I accept that _____
- When I think about my loss I appreciate that _____
- When I think about my loss I have affection for _____
- When I think about my loss I affirm that _____

Tree of Life Counseling, LLC has received permission to use the above questions and motivation for additional exercises from John F Evans, Executive Director of Writing & Wellness Connections, inspired by Jon Kabat-Zinn's definition of mindfulness. (Pennebaker, JW. (2004) *Writing to Heal: A guided Journal for Recovering from Trauma and Emotional Upheaval.* (18-26); and from website obtained December 2020: <https://www.psychologytoday.com/us/blog/write-yourself-well/201208/expressive-writing>