



The Expressive Writing Protocol

Learn more at <https://www.jopro.app/protocol/expressive-writing>



This protocol is designed to elicit a strong emotional response. It is likely that you will stir strong emotions in you. Should you find the exercise unbearably overwhelming, feel free to stop anytime should you need to.

Requirements

- 4 sessions over 4 weeks of 25-40 minute of uninterrupted time.
- A pen and paper, word processor, or use the Jopro Expressive Writing editor.

Writing Prompt

Write about something that you are thinking about or worrying about way too much. Or, if you're not thinking about or worrying about something way too much, perhaps you've deliberately tried to not think about this series of events or event, something that you've been dreaming about at night, perhaps in disturbing dreams or something that you feel is affecting your life in an unhealthy way either internally or externally. So it could be in your emotional state, your inability to calm down when you want to be calm, maybe you're ruminating maybe even compulsive thought maybe it's leading to addictive or compulsive or habitual behaviors or perhaps you can identify by a specific trauma or set of traumas that you know are really plaguing your body and mind.

I want you to write down your deepest emotions and thoughts as they relate to the most upsetting experience in your life. Really let go and explore your feelings and thoughts about it as you write you might tie this experience to your childhood, your relationship with your parents or siblings, people you have loved or love now, or even your career or schooling. How has this experience related to who you have now become, who you have been in the past, and who you would like to be?

Many people have not had a truly traumatic experience in their lives, but everyone has had major conflicts or stressors and you can write about the most dramatic or stressful experience you've ever had.

Protocol Guidelines

- Take your time to consider what you will write about before you start.
- This writing is for your eyes only. Don't share it. You should feel uninhibited to write down your deepest thoughts. If you do choose to share it, do so with a trained mental health professional.
- Set aside 30 uninterrupted minutes for this exercise, as well as a 10 minute cooldown period after.
- Write in complete sentences, but do not pay attention to spelling or grammar.
- Write *continuously* for at least 15 minutes, and at most 30.
- Do this exercise 4 times. Use the same topic for all 4 iterations. You can do it for 4 consecutive days or 4 consecutive weeks or something in between. It is not recommended to space it out more any more than that.
- As directed by the prompt, write about 3 areas: The details of the event, your thoughts and feelings about it (then and now), and how the event relates to other aspects of your life.

Use This Space

Use this space to consider what you will write about for the expressive writing exercise.
