



# MINDFUL JOURNALING

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# Journaling...

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Personal, doesn't have to be shared

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Offers the ability to disclose a remarkable range and depth of traumatic experiences

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Can lead to crying or being deeply upset by the experience but remains valuable and meaningful

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Structured or unstructured

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Most beneficial for those who are more aware of, in touch with, and suffer more from negative feelings.<sup>2</sup>

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Has a positive impact on adaptive coping strategies and work relational communication satisfaction.<sup>1</sup>

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It also can facilitate the clarification and solution of various problems, increase cognitive abilities, and promote social interactions.<sup>1</sup>

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Might promote emotional processing over time and that promoting deepened emotional processing might facilitate reductions in anxiety.<sup>3</sup>

# Writing Prompts for Healing Trauma

How has this trauma or issue influenced other aspects of your life: work, family, personal relationships, living situation, and so on?

In what ways has this emotional upheaval made you more vulnerable, and in what ways has it make you less vulnerable?

What have you learned by going through this trauma that now affects the way you make decisions? Write about positive decisions you've made or believe you will make as a result of what you went through.

Write a letter to your past self—the self that went through the loss or trauma—from your today self. What would you say to comfort her? What advice would you give? Offer your past self the acceptance and love that s/he needs.

# Writing Prompts for Healing Trauma

Write about the event in the third person, as though it happened to someone else. Change the location and, if possible, the gender of this someone else. After you've described the event and its effects on the person, read your story aloud. How does reading and hearing about the event as though it happened to someone else change your perspective?

If you've suffered as a result of someone else's actions, write about the event from his or her perspective. What was his background and what was going on in his life at the time? What does forgiving another person mean, and what would it take for you to forgive him or her?

Write for twenty minutes, beginning with, "If that hadn't happened, I ..." let whatever comes up, come up, write about it.

# Trauma Informed Writing Prompts

- What are you waiting for? Are you in a rush to get there? Why or why not?
- What do you most need to learn? What can your symptoms teach you?
- What is your purpose for being where you are, in this moment?
- What parts of yourself do you readily reveal to others? What parts do you hide?
- What masks do you wear and which ones have you thrown away?



# Trauma Informed Writing Prompts



What is the easiest step you can take toward healing? What can you do today?



What are your guidelines for living well?



Do you have what you want? More importantly, do you want what you have?



What emotions lie deep beneath the physical messages (i.e. aches, pains, symptoms) of your body?



Where do you feel emotion in the body? Name it and describe it from an observer's point of view, without criticism or judgment.

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2. Mordechay, D. S., Nir, B., & Eviatar, Z. (2019). Expressive writing - Who is it good for? Individual differences in the improvement of mental health resulting from expressive writing. *Complementary Therapies in Clinical Practice*. doi: 10.1016/j.ctcp.2019.101064
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## References