

5 STEPS TO EFFECTIVE REFLECTIVE WRITING

- Writing is totally personal and private.
- Writing down your thoughts helps you put them into linear form rather than circling around in your head.
- Because writing is safe, it allows you to vent without screening or worrying about what other people think.
- Reflective Writing allows you to view what you are thinking enabling you to gain perspective and objectivity.
- Writing down feelings also allows you to begin to understand what you can't articulate.
- Reflective Writing helps to summarize what you are experiencing.
- It will help you come to a conclusion and decide what action steps are necessary.
- You will be better able to decide whether or not you need to communicate something to another individual.

1. Start by sitting somewhere quiet with a piece of paper and pen:

I feel _____ ...

2. Write for a few minutes about whatever is on your mind and whatever is happening in your life. If you can't get started, ask yourself a few questions like:

- How do I feel about my life right now? My relationships?
My work?
- Is there anything going on in my life that I'm avoiding or not dealing with that I should address?
- What are the top 3 stressors in my life right now and what are the steps I am taking to decrease my level of stress?

3. After spending some time writing down your thoughts and feelings, bring them to a conclusion or summary.

Conclusion:

I feel (emotion) _____ ***because (event)*** _____...

4. Action Steps: Decide whether or not any Action Steps are necessary to take at this time.

Because I feel _____ ***I will*** _____...

And I will take the following steps by: _____(date)

1.)

2.)

3.)

5. Write an Affirmation: _____

Ex. ***I write every day to gain a deeper understanding about myself and to help me direct my behaviors in a way that reflects my core values.***