

Free Writing

Spend 10 to 30 minutes daily (or close to daily) writing without stopping. Just write – no spelling, no punctuation, no analyzing or editing. This is just a brain dump. This is how you find out what is “on your mind” and begin to open up the awareness of what you are unconsciously believing, thinking, and feeling.

You can tailor this to your needs. If you find yourself writing about symptoms, focus only on emotions. Write about what you feel about everything in your life, from pain symptoms to everything else. Just stay focused on emotions and you’ll begin to connect to that part of you more and more easily.

Starter Questions/Ideas:

If just sitting down and writing feels too vague, pick from the list of starters to get yourself going. Then, if something comes up from the past or a current stressful issue becomes clear, follow that train of thought and write until you feel a sense of completion for the time being.

1. Recently, who have you felt angry with in your life?
2. The most frustrating thing in my life right now is...
3. I hate it when...
4. My least satisfying relationship right now is...because...
5. The most stressful situation in my life is...
6. The feelings I find most difficult to experience are...because...
7. The feelings I find most difficult to acknowledge to myself are...because...
8. When did you last feel angry? What was it around?
9. What is your worst fear?
10. What is your worst fear about the pain syndrome?
11. The most stressful thing today was...
12. I notice I feel stressed about...frequently...because...
13. I use the word stress to describe my overall state, but I think the real feeling today is...because...
14. I am feeling...about myself right now...because
15. I most often criticize myself about...describe in detail
16. My critical storyteller/inner critic voice sounds like...because...and I notice I’m treating myself like this person did in the following ways...



Mind-Body Coaching

17. I am feeling...because...
18. I feel anxious when...
19. I feel guilty when...
20. I feel out of control around...
21. I notice I frequently write about...because...
22. I put a lot of pressure on myself to be/do...
23. I've been dealing with...issue in my closest relationship right now, because...
24. Conflicts in my relationship/s frequently revolve around...
25. The hardest situation I dealt with today was...
26. What happened in your life today?
27. The connection I most notice between my symptoms and my emotions is...
28. Off the top of my head, the 3 things I feel the most emotional about right now are...because...
29. I am so tired of...
30. When I get angry, I usually...

Resources:

Writing Down The Bones – Natalie Goldberg

The Artist's Way – Julia Cameron

