

DIY Writing Workshops!

Here are some suggestions of writing exercises that you can do on your own. Remember, if you can it is good to share your creations with someone you know that you can trust to listen.

- List-making - Quick, easy and often fun - lists can be a way of thinking focusing on areas of your life that you would like to explore. E.g. 10 Things I enjoy; 10 Dream jobs; If I could, I would...; 5 People I trust; 5 Favourite places; 5 places I would like to go; My favourite meals.
- Here are some therapeutic titles you may wish to write autobiographically about: 'A Time I was Hurt and Didn't Say'; 'Anger List' ; 'What I would like to shout' ; 'What I need you to know'.
- Try the following titles for poems and see what comes... 'The Morning After', 'The Journey', 'The Return'; 'A New Life', 'What the Thunder Said', 'Finding What I Didn't Lose', 'Coming Home to Myself', 'Finding my own Voice', 'Listening to my soul', 'When Someone Deeply Listens to me'.
- Write about a book, song or film that you like and why. Try to think why the themes of the film appeal to you. If you were going to write your own film/song/book what would you write about? Try writing a song from your heart.
- Story Boarding - when film directors think about how they will make a film, they draw story boards. Try drawing some story boards to say what you would like someone to know and then write the script!
- Journal Writing - Keep a journal.
- Re-write a fairy tale in your own terms. Which fairy tale character do you identify with? Can you update the story to make it yours and modern?
- Draw an outline of a person and write inside all the things you keep inside and outside all the things that you show outwardly. Write a poem using your ideas.
- Bibliotherapy - Read books which address the topic of Self Injury. Reading other people's stories can give you strength. E.g. *Angels Fall From Gasoline Rainbows: A Novel*, *C. J. Madsen*, *Crosses*, *Shelley Stoehr*, *Cut*, *Patricia McCormick*; *The Luckiest Girl in the World*, *Steven Levenkron*.