

JOURNALING THROUGH PAIN & TRAUMA: WRITING ABOUT A PAST TRAUMA EXPERIENCE

A COMPANION PIECE TO

Women and Pain: Taking Control and Finding Relief



- *Journaling is a self-care technique that can help you heal, grow and thrive.*
- *Journaling helps bring order to your deepest thoughts and fears. It creates order out of chaos.*
- *Journaling acts as free therapy. It helps you have a conversation with the person who knows you best: you.*
- *You can go back and track your progress. Read what you've written and see how much progress you've made on your journey.*
- *Some find joy in knowing their words help others, so they share their healing. But whether or not you share your work is up to you.*

**Writing prompts developed by therapeutic writing expert
Sarah Saffian, LMSW, MFA**

**Download companion piece at
drwaynejonas.com/women**

