

# **The power of creativity and writing in short- term interventions.**

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**Feel free to use these resources**

"A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The Labyrinth represents a journey to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools." (source - lessons4living.com)

This is a copy of the Chartres Cathedral Labyrinth. Use your finger to trace the path, slowly, and mindfully. Think of your personal journey.



# BAROMETER weekly temperature

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## Physical Wellbeing

0 1 2 3 4 5 6 7 8 9 10  
very bad some discomfort feel very well

## Personal care (includes eating habits, routine, hygiene, and exercise)

0 1 2 3 4 5 6 7 8 9 10  
not successful made some effort very good self care

## Sleep

0 1 2 3 4 5 6 7 8 9 10  
bad/light/insomnia some difficulty slept well, feel rested

## Intensity of emotions

0 1 2 3 4 5 6 7 8 9 10  
felt nothing aware of emotions strong emotions/affect concentration

Please note the most frequent emotions felt this week (sadness, worry, anger, jealousy, joy, contentment, peaceful feeling, euphoria, etc.)

\_\_\_\_\_  
\_\_\_\_\_

## Level of stress

0 1 2 3 4 5 6 7 8 9 10  
no stress medium stress high stress level

## Social interaction

0 1 2 3 4 5 6 7 8 9 10  
very isolated met with some others strong network of support

This week I am conscious that:

\_\_\_\_\_  
\_\_\_\_\_

# Guidelines

Here are some guidelines which are important to pass along to clients. These are just as important in the context of a group as they are if the individuals do some writing on their own at home.

- 1. Always date your entries.** This will help you locate your writing in the context of your life. It will also help you recognize patterns or times of the year that may be more difficult.
- 2. Do not judge what you write.** Practice being a witness to your experience. Imagine that you are someone else observing your life.
- 3. Take a deep breath** or use other relaxation method before writing.
- 4. Take care of yourself.** If your writing takes you to depths that are too frightening or dark, STOP, take a break, distract yourself, listen to music, move... You always have control over your pen.
- 5. Be open** to new discoveries and be prepared to be surprised. **YOU ARE THE EXPERT OF YOUR OWN LIFE!**

# This period of my life...

1. **Identify one moment from your life that you want to explore.** Write a short paragraph to describe it.
2. **Name 10 stepping stones that led to this moment.**  
These can be physical, emotional, a circumstance that you had no control over, something you planned or an event...)
3. **Write about this period of your life.** Start with the following sentence:  
This period of my life is like.....

Write everything that comes to you: description of the event, emotions, and physical sensations. Use a metaphor if you can. (*This period of my life is like standing on the edge of a cliff... is like waiting for someone to come home...*) Give it a colour, a tone, an image...

4. When you are finished, reflect and finish The Three Statements:

I didn't know that....

I realize that...

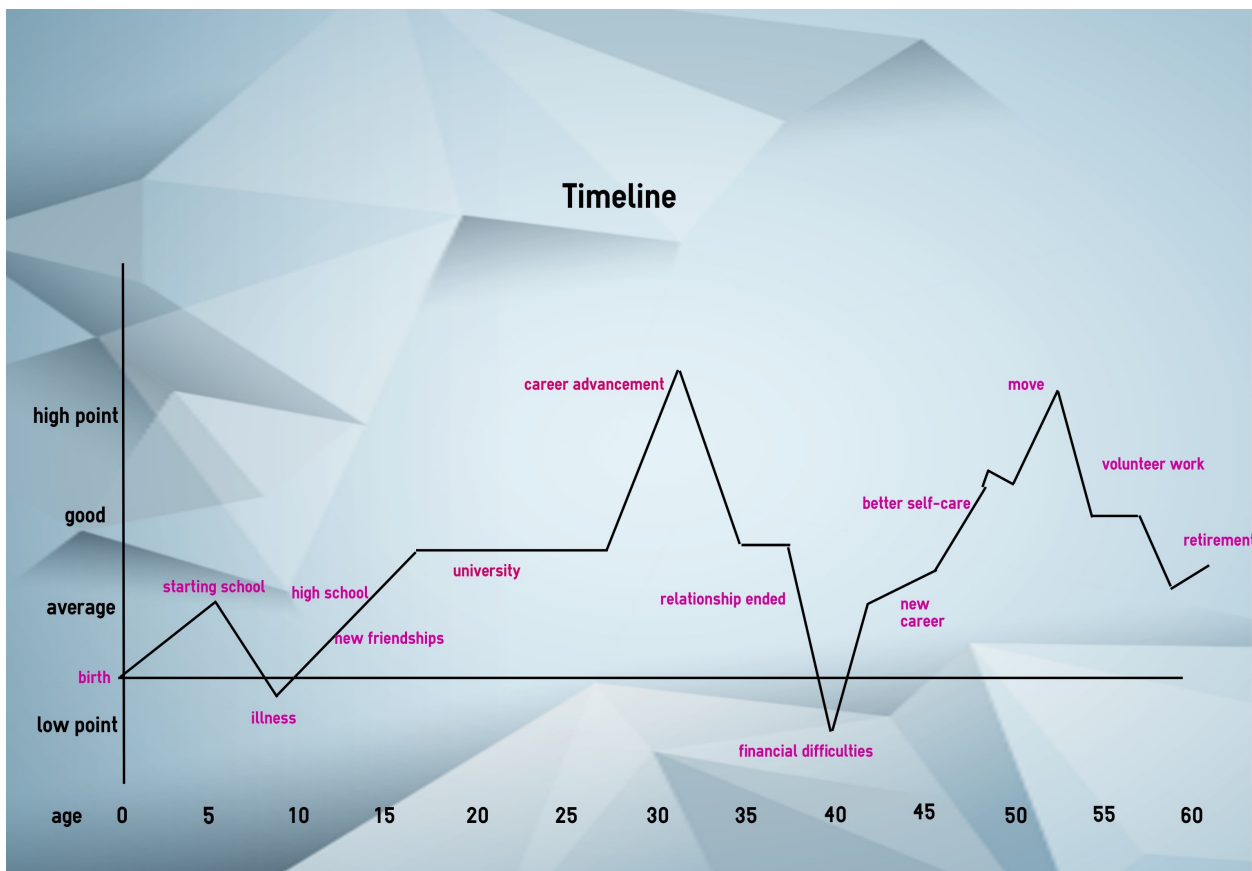
What I need is...

(based on the exercise <Period Log > Progoff. (46-56)

# Timelines

Creating a timeline can help an individual to connect events with emotions and make sense of how they are feeling. Along with identifying events, the timeline can also include how they coped or what type of support they received during the moments identified.

Timelines can chart life events or be more specific like mapping school life, career or the trajectory of illness in their lives.



# Roles we play

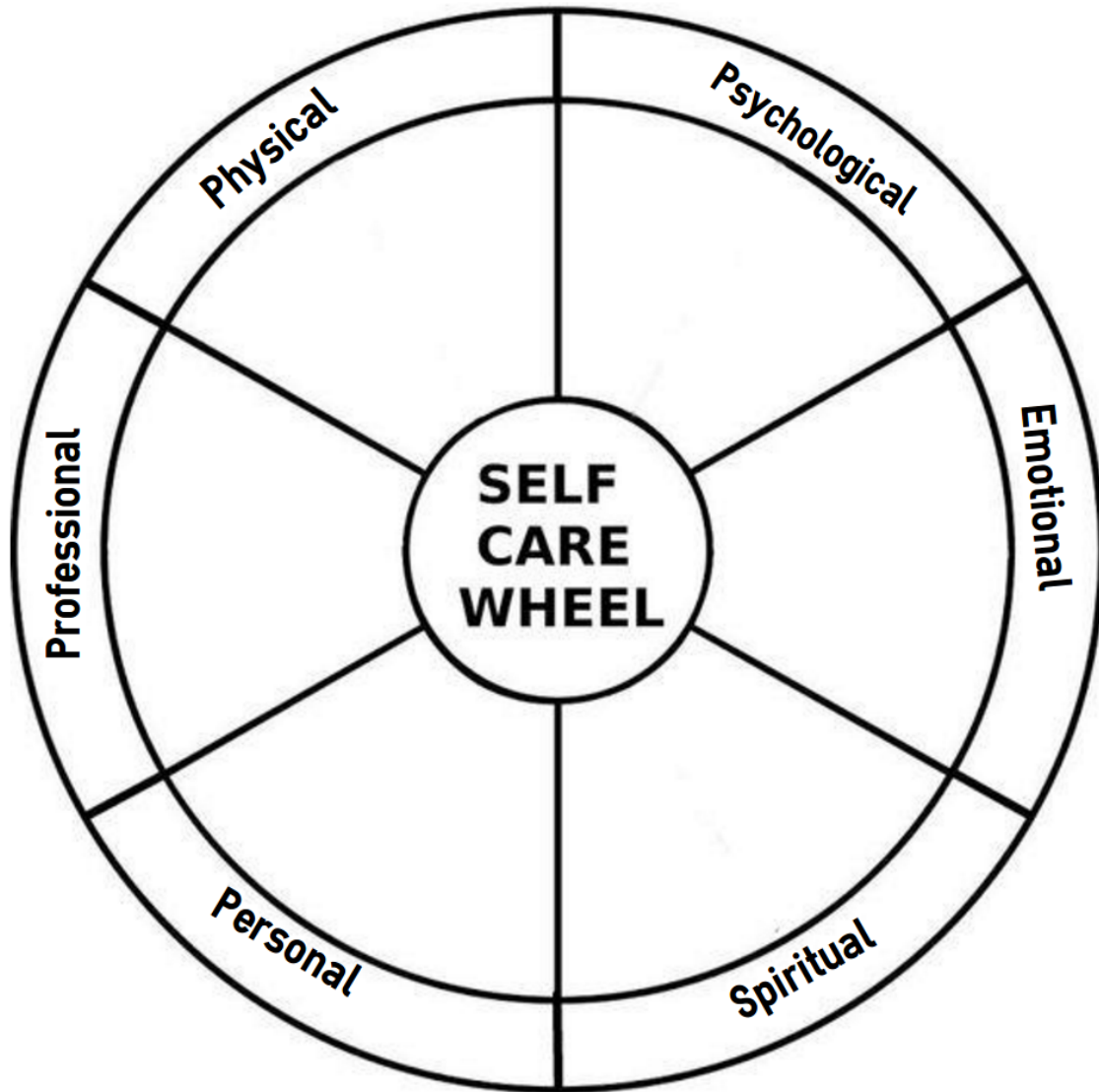
- 1) Make a list of all the roles you presently play in your life (friend, brother, sister, parent, cook, chauffeur, poet, etc) or the different hats you wear.
- 2) Choose one of these roles.
- 3) What emotions are associated with this role? What is the job description of this role?
- 4) Did you choose this role or was it imposed?
- 5) Dialogue with this role. Take two colours of ink  
With one colour, ask a question to this role as if it was a person. With the second colour, write down the answer.

There are no limits to the questions you can ask... examples: Who are you? How did you get this role? What is this role offering you? What are your resources? Do you like this role? Why do you do this role? How can I help you?

Follow the rhythm of the dialogue as it forms.

If the idea of a dialogue seems too complex, you can draw what this role would look like as a 'character'.

- 6) When you are finished, reflect and complete **The Three Statements**.



**In order to maintain life balance, make sure to include activities in each area. What are your favorite self-care activities?**

This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996.) Created by Olga Phoenix Project: Healing for Social Change (2013). For more information, visit [www.olgaphoenix.com](http://www.olgaphoenix.com)



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