

# Concussion - Pathway to Recovery Program

## Session 10 - Daily writing exercise

Spend 10 minutes each day. Write about your strong feelings and thoughts about some unresolved situation in your life. If you don't want to write, you can talk into a tape recorder or use the voice recorder function on your smartphone. You can choose to write about the same thing every day, or you can write about something different each day. The goal is to explore your strong thoughts and feelings and to write continuously for 10 minutes for at least three more days in a row. If you run out of things to say before the 10 minutes are up, you can just repeat what you have said. If you find yourself getting extremely upset about what you are writing, instead of quitting, just switch topics and keep writing. Don't worry about grammar or erasing or crossing out. It is up to you whether you keep what you have written or throw it away. Some people choose to keep what they have written so that they can look back over their writing and see how their feelings change over time. Other people make a ceremony out of letting go of their writing samples—by burning them; tearing them into pieces and “offering” them to a lake or ocean; erasing them; or running them through a paper shredder. The choice is yours.

Your writing exercise is meant for you, not as a tool for communication with someone else.

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