

# **JOURNALING THROUGH PAIN & TRAUMA: WRITING ABOUT THE EXPERIENCE OF PAIN**

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**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.*

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

***Download companion piece at  
[drwaynejonas.com/women](http://drwaynejonas.com/women)***

















