

## 5-DAY EXPRESSIVE WRITING BLUEPRINT

Here's a simple, evidence-based 5-day expressive writing plan designed to maximise benefits and minimise overwhelm.

It will gently guide you from:

emotional release → insight and clarity → growth and forward movement.

### How it works

- Write for 15–20 minutes each day
- Write continuously — don't worry about grammar or spelling
- Be honest — this is for your eyes only
- If you get stuck, just keep writing anything that comes to mind

### The Process

Days 1–2: Empty your mind

Days 3–4: Expand your perspective

Day 5: Empower your next step

### Day 1: Tell the Truth

#### Theme: Emotional Expression

Prompt:

Write about something that has been weighing on your mind.

What happened? How did it affect you?

What emotions are you feeling?

Goal:

- Get it **out of your head and onto paper**
- Name the emotions (e.g. anger, sadness, fear, disappointment)

Tip: Don't try to be positive yet. Just be real.

### Day 2: Go Deeper

#### Theme: Understanding the Impact

Prompt:

How has this situation affected different areas of your life?

(e.g. work, relationships, confidence, health)

What has been hardest about it?

Goal:

- Expand your awareness
- Understand the ripple effects

Tip: Notice patterns or recurring thoughts.

### Day 3: Make Meaning

#### **Theme: Insight and Perspective**

Prompt:

What might this experience be teaching you?  
Have you grown in any way because of it?  
Is there another way of looking at the situation?

Goal:

- Shift from 'Why did this happen to me?'  
→ 'What can I learn from this?'

This is where expressive writing becomes transformative.

### Day 4: Reframe and Reclaim

#### **Theme: Cognitive Reframing**

Prompt:

If a wise, compassionate mentor were advising you, what would they say?  
How could you reinterpret this situation in a more empowering way?

Goal:

- Challenge unhelpful thoughts
- Develop a more balanced, constructive perspective

Tip: You're not denying reality — you're expanding how you see it.

### Day 5: Move Forward

#### **Theme: Alignment and Action**

Prompt:

What is one small step you can take moving forward?  
What kind of person do you want to be in this situation?  
What truly matters to you now?

Goal:

- Turn insight into action
- Reconnect with your values and a purposeful direction

#### **Important Guidelines**

- If your emotions feel too intense, pause and return to writing later.
- End each session with something that grounds you e.g. deep breathing or a short walk
- You don't have to keep what you write — some people find it helpful to discard it.

💡 **Final Insight**

Expressive writing works best when it moves you through four stages:

**Feel → Understand → Reframe → Act (if necessary)**

This is what transforms writing from just venting to genuine growth.

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For more information, please visit the following websites:

[drhelenapopovic.com](http://drhelenapopovic.com)

[adventureprevents dementia.com](http://adventureprevents dementia.com)

[winningatslimming.com](http://winningatslimming.com)

