

SEVERE TRAUMA & STRESS RECOVERY WORKSHOPS

4. WRITE, READ and BURN (or WRITE, READ and SHRED)

Based on a technique from the Milwaukee Brief Therapy Centre, the purpose of this exercise is to resolve negative memories that are intruding upon and constricting your life in the present, in the form of flashbacks or any other kind of intrusive negative thought or image.

- 1. First, write down the details of the memory, thought, or image that troubles you.**
- 2. Now, write down any feelings you have about the memory, thought or image. If another person is involved in the memory, address these feelings to the person, where appropriate. Include anything you would wish to say or wish you could say to that person.**
- 3. Now re-read what you have written, reading it aloud. ***
- 4. Once you have done so, burn the pages.**

*While not essential, sometimes it is helpful psychologically, to have another person present to hear what you read and witness the burning of the pages.

(With full acknowledgement to Yvonne Dolan & Charlie Johnson for the original version)

Jhc SevTrauRec WriteReadBurn HandoutsInOrder 050418