



## Healing Through Writing Workshop

### Writing Prompts

- Write a letter to cancer. If you could say anything to cancer, what would you say?
- Who is your hero? Why? How did you meet them?
- What have you come to value through your experience with cancer?
- What is your absolute least favorite thing about your cancer experience? If you could change it, how would it look? What would be different?
- What is something that you are proud of?
- Who or what brings you joy? When you think of this person or thing, what about it makes you smile?
- What is your favorite song or quote? Where did you first hear it? Why do you like it so much?
- Think about a place or an item that gave you comfort during your treatment. What about this place or thing made you feel comfortable and safe? Describe that place/thing in as much detail as you can.
- Write about a specific moment that surprised you during your darkest days – kind words, generosity from a stranger, an unexpected joyful experience, etc. Jot down an experience you have been grateful for during this time.
- What experience in the past year are you most grateful for?
- Think about one person who has been an integral part of your cancer experience and has touched you in some way (a spouse, family member, friend, caregiver, medical professional). Describe that person and what they have given you.
- Self-care is so incredibly important when going through something as life changing as a cancer diagnosis/cancer treatment. Write a list of what you can do to make yourself feel cared for. How do you relax, destress, and take care of yourself?
- Choose a word that is often associated with healing (hope, resilience, courage, patience, endurance, tenacity, strength, etc.). Write about one person you know who mirrors this quality in the way that they live. Now, choose a word that you want to embrace more fully in your own life.
- Finish this statement: I will never forget the day...
- Reflect on a moment in your life when you grew and explain your gratitude for that moment.
- How can you continue to fill your life with things, people, and moments to be grateful for?