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Expressive Writing Prompt

Many military families live with posttraumatic stress disorder (PTSD), traumatic brain injury (TBI), invisible and physical injuries, problematic anger, secondary traumatic stress, and/or other challenges. Studies show that people who write about their trauma live healthier and happier lives (compared to those who keep it a secret). Studies show that expressive writing helps students improve their stress management and writing skills, and feel a sense of comfort.

Write an essay on this topic:

What is the hardest event or season of life you have experienced? Write about it for 20 minutes. Repeat this activity a few more times this week or once a week for the next few weeks. Tips:

- Write about the experience in a negative and positive perspective.
 - What negative and positive emotions did you feel?
 - What good things happened later in life because of this negative experience?
 - Don't worry about grammar or spelling.



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