

How can writing or drawing help you to understand your own feelings? Here are just a few ways.

- Writing helps you get a clearer picture of your inner world—what makes you happy or sad, confident or fearful, angry or content. Writing brings this world out where you can see it.
- If you write regularly, you will see patterns and notice things, such as what might bug you or what might help you. Writing helps you to know yourself a little better and that positively affects your emotional well-being.
- Writing or drawing about what makes you experience painful emotions like anger and stress can help lessen the intensity of these feelings and calm you.
- When you read your writing, you may recognize that a situation is not so bad or see a potential solution. Writing is a problem-solving tool. Through the creative process of writing, problems sometimes become “unlocked.”
- Writing or drawing about personal relationship problems, rather than stewing over them, might help you to understand everyone’s point of view. These tools might help you come up with a good solution to the conflict.
- Writing helps you to track growth over time. When things seem overwhelming, being able to look back on previous situations that you have been able to resolve is comforting and inspiring.