Write to Heal Workshop

GPCWC

January 28, 2017

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We define Emotional Health as:
The Connection Diagram:
Mental Emotional Physical Spiritual
What is the impact when the mental component is disconnected?
What is the impact when the physical component is disconnected?
What is the impact when the emotional component is disconnected
What is the impact when the spiritual component is disconnected?

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Your Right to Healing We define title deed as: The _____ is your title deed. God tells us to give our: Heart - _____ Mind - _____ He answered, "'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.'" Luke 10:27 NIV Strength - _____

The Healing Process



Step 1 -		_	
Step 2 -	•	_	
	·		
Step 4 -	·	_	
Step 5 -	•	_	

NOTES

Writing a _____

in _

We defin	e expres	sive writing	as:		



Writing Exercise #1:

In the space below, write about:

	 _	 		
 	 _	_		
	_	 _		
 	 _	 		
	 _	 _		

We define	lament w	riting as:			



Writing Exercise #2:

In the space below, write about:

	 _	 		
 	 _	_		
	_	 _		
 	 _	 		
	 _	 _		