



iyay, feelings!

Literary therapy:

joy, grief, pleasure, and growth

a four-part workshop series exploring
wellness through introspective writing

hosted by writer + wellness
program coordinator

Alexander Hardy

getsomejoy.com

Literary Therapy

Exploration Workbook

Session 1 of 4

#1

joy,
boundaries +
restorative practices
Sunday, August 22, 2021





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Session 1: Joy, Boundaries, and Restorative Practices

What are you doing to keep your spiritual Jheri curl moist and luxurious?

Part 1: Joy and Safety

Complete this sentence:

I'm at my best when _____

List affirmations for today / this week:

What would you like to create or gain during this Literary Therapy session or series?



Session 1: Joy, Boundaries, and Restorative Practices

What are you doing to keep your spiritual Jheri curl moist and luxurious?

joy + safety (cont'd)

Mindfulness and Grounding

Activity 1: Thank you for being a friend.

Think of 3 people who have helped you in the War on Spiritual Ashiness. How have they helped you thrive?

Thank them and tell them what they mean to you via a text, phone call, email, or fax message.

Activity 2: ...and the winner is...

CONGRATS!

You've just received an award for something you did (or didn't do) this past week.

What is the award? Write your acceptance speech.

VISUALIZATION: A SENSE OF SAFETY

What does safety mean to you? Is it a feeling, dynamic, object, or milestone? How does it look, smell, and feel? How do you feel in your body when you're safe?



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Part 2: Connections, Villages, and Boundaries

We contain multitudes. And identify with various titles + communities:

- family (relatives, play cousins, god-children, raggedy in-laws, and I-don't-know-how-we're relateds)
- professional,
- social (x multiple social groups + our digital connections + representation),
- creative,
- cultural,
- spiritual,
- neighborhood, and
- sexual

What are some villages and communities you belong to?



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connections, villages, and boundaries (cont'd)

Here are a few common roles and identities we occupy in our various communities and interactions.

You may go by another name, but do any of these sound familiar?

- The Fixer
- The One Who Always Cooks
- The One Who Makes The Plans
- The Protector or The Regulator
- The One Who Goes With The Flow
- The Supporter aka "The Cheerleader"
- The Caregiver aka "The Eldest Daughter"
- The One Who Helps Everyone aka "The Nice One"
- The One Who Always Says Yes aka "The Team Player"
- The One Who Houses People aka "The One With Space"
- The Friend/Family Therapist aka "The Strong One" or "The Healer"

What role(s) do you play in your villages + communities?

No judgement: What role(s) do you tend to play in your various interactions and communities? What do people come to you for or expect from you?



1 Among your family, relatives, play cousins, extended family, etc.:



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connections, villages, and boundaries (cont'd)

What role(s) do you play in your villages + communities?

No judgement: What role(s) do you tend to play in your various interactions and communities?

What do people come to you for or expect from you?



2 Among your friends and in your social interactions:



3 In your professional interactions and relationships:



4 In other areas or communities:



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connections, villages, and boundaries (cont'd)

Reflect on the dynamics, obligations, and interactions in your various relationships and unpack what comes up in the space below.

Keep it real:

Historically, what happens in your life when you don't have or enforce healthy personal boundaries?

Are there any lacking boundaries you need to establish or be firmer on?



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Part 3: Restorative practices + waging a War on Spiritual Ashiness

Marinate on this:

Are there dynamics or members in any of your villages that detract from your sense of peace or safety or make your spirit itch?

Restorative practices is more than bubble baths and taking your Flintstone vitamins. Establishing and maintaining boundaries that protect your peace, honor your needs and wishes, and contribute to your sense of safety as you move through various communities and spaces strengthens your armor for the War on Spiritual Ashiness.

This is not to discount the impacts of discrimination, unemployment, housing instability, power dynamics, etc. But, considering your living, social, and professional spaces:

Are there any conversations you could have, forms of assistance you need, or changes you could make to resolve any of these issues?



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restorative practices (cont'd)

More on establishing boundaries and protecting your peace:

This is not to bash people you don't get along with (though we can't stop you) , but to consider patterns in the boundaries and dynamics of your relationships.

Do you find yourself shrinking or dreading or fearing certain interactions? Do you feel diminished, disrespected, or demeaned in certain spaces or interactions? Do you tend to overload yourself with other people's projects and visions?

Write any patterns or interactions that come to mind.



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restorative practices (cont'd)

What do your morning and night-time routines look like?

Morning and night-time rituals and routines can be great ways to pour into, center, or calm yourself before or after engaging with the world.



MORNING RITUALS:

List at least three things you do or will do to pour into or center yourself after waking up:



NIGHT-TIME RITUALS:

List at least three things you do or will do to pour into or center yourself before going to bed:



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restorative practices (cont'd)

Your final assignment

Schedule some uninterrupted time this week to do something that brings you joy. Do something that will uplift your spirit.

Add this item to your planner and any calendars you use.



YOU TIME:

Okay, so what are you going to do for you?

What date and day will you carve out time for you?

What time?

For how long?

Do you need any resources, equipment, or support to carry out this activity?

When are you doing this again?



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wellness through introspective writing

write your way to clarity.

Aug 22 - joy, boundaries + restorative practices

Aug 29 - grief + post-traumatic growth

Sept 12 - pleasure + playtime

Sept 19 - letting go + releasing

get info and register @ [getsomejoy.com](https://www.getsomejoy.com).
joy-flavored stories @ medium.com/getsomejoy