



Write to Restore: A Step-By-Step Creative Writing Journal for Survivors of Sexual Trauma

by Jennifer Cross

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Using Your Words to Heal

A holistic approach to recovering from trauma. Creative writing is increasingly becoming a go-to method for trauma recovery. There is great power in the written word, and even more so when those words are our own. Journaling provides a cathartic release of emotions because it allows us to not only process past experiences but also reflect on how we're feeling in the present moment. In this way,

writing is one of the most easily accessible self-care practices.

Give voice to what has been silenced. Healing from trauma can be a slow and painful process, especially for sexual trauma survivors, who are often shamed into keeping their experience to themselves. This companion journal to Jen Cross's book *Writing Ourselves Whole* is a space to put the pain on a page, and in doing so, release the hold it has on us and restore our bodies and minds.

Creativity as a tool for change. Trauma and violence leave a distinct mark on our lives, one that is not easily erased. Writing on our own or with a community or group can be an extremely transformative process for creating change both within ourselves and socially. It encourages discussions about mental and emotional health that lead to finding more approaches to healing.

Jen Cross has worked with sexual trauma survivors for over fifteen years and founded an organization that is devoted to creating spaces for survivors to write and talk about their experiences.

In this self-help journal, you will find:

- A 60-day guided journey to healing from your experience
- Sixteen writing exercises that gently prompt writers deeper into their experiences and into renewal
- Follow-up readings, additional exercises, and suggested uses for your writing

Jen Cross is a writer and writing workshop facilitator based in the San Francisco Bay area. Her organization, Writing Ourselves Whole, founded in 2003, focused primarily on sexuality writing workshops and writing with survivors of sexual trauma. Jen is the author of the bestselling *Writing Ourselves Whole: Using the Power of your Own Creativity to Recover and Heal from Sexual Trauma* (Mango) and the dystopian fairy tale novella *Night Hands* (The Massachusetts Review Working Press Titles). Jen's writing appears in more than fifty anthologies and periodicals, including *The Healing Art of Writing*, *Nobody Passes*, *Visible: A Femmethology*, *Best Sex Writing 2008*; she is also the co-editor of *Sex Still Spoken Here* (with Dr. Carol Queen and Amy Butcher). In 2018, Jen received her MFA in Creative Nonfiction from San Francisco State University.