

### Worksheet 4.26 Benefit-Finding Writing Activity Instructions

Research shows that writing about the benefits that have resulted from negative or traumatic experiences helps people to cope more effectively and to overcome their traumas (King and Miner, 2002). This, of course, results in greater levels of positive emotion and life satisfaction.

This worksheet has been designed to help you find the benefits in the adversity or adversities you have experienced. For the next three days, please find a quiet space to sit down and write **only the positive aspects of** a negative event or trauma in your life. Consider how you have grown or benefitted in some way as a result of this negative event. Set a timer and write for 20 minutes each day. Do not be distracted by spelling, grammar, or punctuation. If possible, spend some time relaxing after you are done writing, rather than moving directly into a new activity. Be prepared to discuss your benefit-finding writing experience at your next therapy session.