

Writing Poetry as a Healing Exercise

Poetry helps us language what is sometimes non-verbal, bridging the right and left hemispheres of the brain. Some people simply start writing and the words flow into a poem. Others need a format. One suggested format is a Japanese haiku, which is a verse in three lines.

Line one has 5 syllables
Line two has 7 syllables
Line three has 5 syllables

Here is a poetry exercise for you to try. Take a deep breath, feel your body. Can you name a feeling in your body and describe it in a haiku? If you prefer, simply write and let words flow.

Some examples of haikus:

Shame in my body
Feels like I can't breathe or move
What am I to do?

Empathy in my body
Allows me to see your truth
Let me look at you.

Courage in my body
Makes me strong and holds me up
I am safe with me.

Love in my body
Feels so scary and locked up
Can I open up?

Write your poem here. Don't worry about perfect. Just write and see what shows up.

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