

**Check in (Intro)** Complete the sentence, This is **NOT** a 20 mins bio/story, *(the writing gives you the opportunity to tell any story or experience).*

Check in:

My name...

I authentically feel...

What I want you to know about me...

**Breathe:** a creative breathing exercise

### **Community Agreements**

These community agreements are a PRACTICE. If/when they are broken, it is a moment to forgive yourself and begin again. Free writing begins now. Engage with the community agreements and fill in how you will apply them to your daily life.

**We secure this space to the best of our ability in the hope it leads to a sense of safety within yourself by:**

#### **Being non judgmental of self and others**

~Being non-judgmental means that **you don't see something as 'good'** or 'bad' , 'right' or 'wrong'. Instead, you just observe it or experience it; you don't need to make any sense of a situation, your thoughts, feelings and actions or other people's behavior.

I will practice non judgmental towards myself by

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#### **Being kind to self and others**

~Kindness is a type of behavior marked by acts of generosity, consideration, or concern

I will practice kindness to myself by

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#### **Being compassionate towards self and others**

Self-compassion is extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering.

I will practice self compassion to myself by

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**Empathetic listening** (Empathetic listening involves listening to others non-judgmentally and with emotional connection, while still maintaining your own boundaries of self. It does NOT mean internalizing other people's struggle or journey.)

I will practice empathetic listening by

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**Try not to take things personally**

I will practice not taking things personally by

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**Don't apologize for taking space.**

I will practice not apologizing for taking space by

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**Take care of your body and self. (bathroom, food, breathing, step away)**

I will practice taking care of body and self by

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**Be Curious, ask questions.**

I will practice being curious by

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**Boundaries:** if someone asks you a question about the experience you read or about you. Practice creating a boundary; you don't have to answer. You may also start practicing boundary creating in your daily life.

I will practice boundaries by

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**Live to LOVE yourself, then others**

I will practice filling my own container (energy, time) by

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**You are the expert of your experience. Embrace it, Write it. Speak it.**

This is YOUR WORKSHOP; Create what YOU NEED within the community agreements and feedback guidelines.

IT IS EXTREMELY IMPORTANT TO APPLY THESE COMMUNITY AGREEMENTS IN YOUR DAILY LIFE. EVERY DAY YOU CAN ACCOMPLISH MORE GOALS IN SERVICE OF YOUR REINTEGRATION AND RELEASE WHAT NO LONGER SERVES YOU.

### **Writing Prompt One:**

**Remember any experience...**

**I remember...**

**I don't want to remember...**

**Is something on your mind that you are carrying and want to release...**

Who, What, Where, Why and When?

When you think about the experience, where do you feel it in your body?

**USE YOUR SENSES**

Taste, Smell, Seeing, Hearing, Touching, Body Awareness, Balance

### **Writing Prompt TWO**

### **10-20 minutes of Free writing**

#### **Giving Feedback**

(As you are empathetic listening, you may write down in your notebook words or phrases that stand out/resonate with you-without the person's name on it.)

1. Name one word or phrase that stood out to you.
2. Share phrases that resonated with you,  
(Resonations can be positive or negative and you do not need to state which one it is. Therefore speaking your truth while avoiding arguments).
3. If you feel called to help someone, the language we use is, "What I do to help myself?"
4. Please avoid "you shoulding" all over the other participants.

#### **Reinforcements (Closing the vulnerable space),**

The reinforcement focuses on something you are practicing in your life or something you learned in the empowerment workshop.

Complete the sentence, "I reinforce..."

All the participants will breathe for you/with you and then pass to the next person.

Join our community online/in person and continue to connect with yourself, your fellow veterans and with resources for veterans and their families.