

*Who am I?*

*To discover the answer, you need to*

**WRITE**  
**YOUR WAY**  
**HOME**



A WRITING JOURNEY OF HEALING, DISCOVERY,  
AND TRANSFORMATION

All the answers  
are within you.

Let your pen  
lead the way.



**WRITE**  
YOUR WAY  
**HOME** ♥





## Who Am I?

30 min

*In this exercise we will focus on discovering our authentic selves and what is really inside us.*

1. Read over these questions and answer each one quickly. Each answer should be no longer than one sentence.
  - Who am I today?
  - Who was I yesterday?
  - Who am I becoming?
  - Which parts of myself do I reveal to others?
  - What parts do I conceal?
  - What roles or masks have I discarded?
  - With whom do I share my true self?
  - With whom do I want to share my true self?

*(Excerpted from The Way of the Journal by Kathleen Adams)*

2. Read over your answers. You're now going to write a reflection in the following format. The reflection consists of five sentences and each sentence begins with "I am..." Don't think or analyze as you write, just write whatever comes to your mind.
3. If you had to summarize the answer in one sentence, how would you answer the question "Who am I?"



## Colors of Me

30 min

*We know ourselves much better than we think we do. Sometimes we just need to find our way past the cognitive blocks that we create for ourselves and discover the knowledge within.*

*For this exercise you will need markers, gel pens, or other coloring supplies.*

1. We are going to make a cluster and use the power of association. In the center of your cluster, write the words "The Real Me."
2. Around this center circle, write any words that come to your mind. Remember, nothing needs to make sense. If it pops up into your mind, write it out. Each entry should be written in its own circle. Continue to fill up your page and only stop when your whole page is full.
3. Now you're going to choose four categories to divide these entries into. Write down the name of each category and choose a color to represent it. Color in each circle with the color of the category it belongs to.
4. Study your page. What can you learn from it? What surprises you? What is what you expected? Write a reflection.
5. When I study my cluster, I see that the Real Me is....



## Human Behavior Report

30 min

*Sometimes we don't even realize that we present ourselves differently to different people. By getting to know the different presentations of ourselves, we can try to integrate all of those parts into one cohesive self.*

1. Imagine that you are doing something that you love, something that you feel alive and authentic when you do. An expert in human behavior known for their power of observation watches you. What do they write? Set your timer for five minutes and write as if you are this expert.
2. Now think of someone who only knows the public you. See yourself through their eyes. How would they describe you? Set your timer for five minutes and write.
3. Lastly, imagine someone you have never met in person, but to whom you have written a daily email about your feelings. They have no idea what you look like or how you behave to the outside world; they only know about the report they receive of your emotional world. How would they describe you? Again, set your timer for five minutes and write.
4. Read over your writing and then write:  
The Real Me is...  
I am not...  
I am...
5. How did your inner and outer selves compare? What does it mean to you?



## Alpha-Poem

15 min

*We are now going to finish our process with an Alpha-poem.*

1. In this lesson, we are going to write an alpha-poem. An alpha-poem is a technique in which you write the word that you are defining vertically down the page and each line of the poem begins with one of the letters. The poem doesn't need to rhyme or to sound lyrical; just focus on starting the line with the correct letter and allowing the thought to continue to flow throughout the poem.
2. You are going to write your complete name down the side of the page. Studying what you have written in the previous exercises, how would you define yourself? Allow yourself to be led by the letters at the beginning of each line.
3. Read your alpha-poem out loud to yourself and then write a reflection. How did it feel to read this poem out loud? Can you actually own the way you have depicted yourself?

# 4

## Ways to Move Forward with Therapeutic Writing!



### 1 Join **WYWH LIVE** or **ONLINE COURSES**

**Write Your Way Home** courses are given four semesters a year. They are given live in Jerusalem, or online for international participants.



### 2 Take **WYWH EVERGREEN** **COURSES**

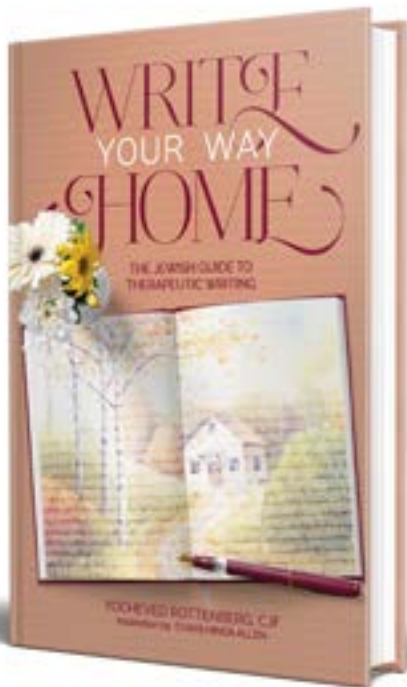
**Write Your Way Home** evergreen courses can start at your convenience and proceed at your own pace. They are not led by a teacher, but rather through the interaction of group members.





### 3 Read **WRITE YOUR WAY HOME: THE TORAH GUIDE FOR THERAPEUTIC WRITING**

Sold in Jewish bookstores or from Menucha Publishers, this book includes hundreds of unique Torah sources and corresponding writing exercises that will give you the tools you need to use the simple yet powerful tool of writing to change your life, from the inside out.



### 4 Read **WRITE YOUR WAY HOME: THE JEWISH GUIDE FOR THERAPEUTIC WRITING**

Sold on Amazon, this book has the same writing exercises as the original, but is geared to a wider readership.

**For more information, check out  
[WriteYourWayHome.com](http://WriteYourWayHome.com).**



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