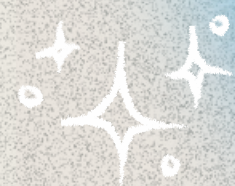




Rebecca Dykes
WRITERS



THE RESILIENT WRITER

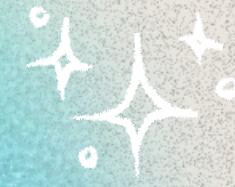
Writing Through Trauma
and Grief

HEATHER DEMETRIOS

**THE WOUND IS THE PLACE
WHERE THE LIGHT ENTERS YOU.**

—Rumi

Heather's 4 Tenets of Writing Trauma and Grief

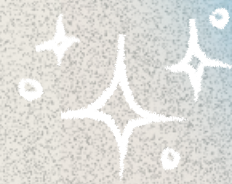


Write from the wound.

Edit from the scar.

**Offer your book to the world as
medicine only after
it has healed you.**

**Do no harm to yourself
or the reader.**



THE 3 TENETS

zenpeacemakers.org

NOT KNOWING

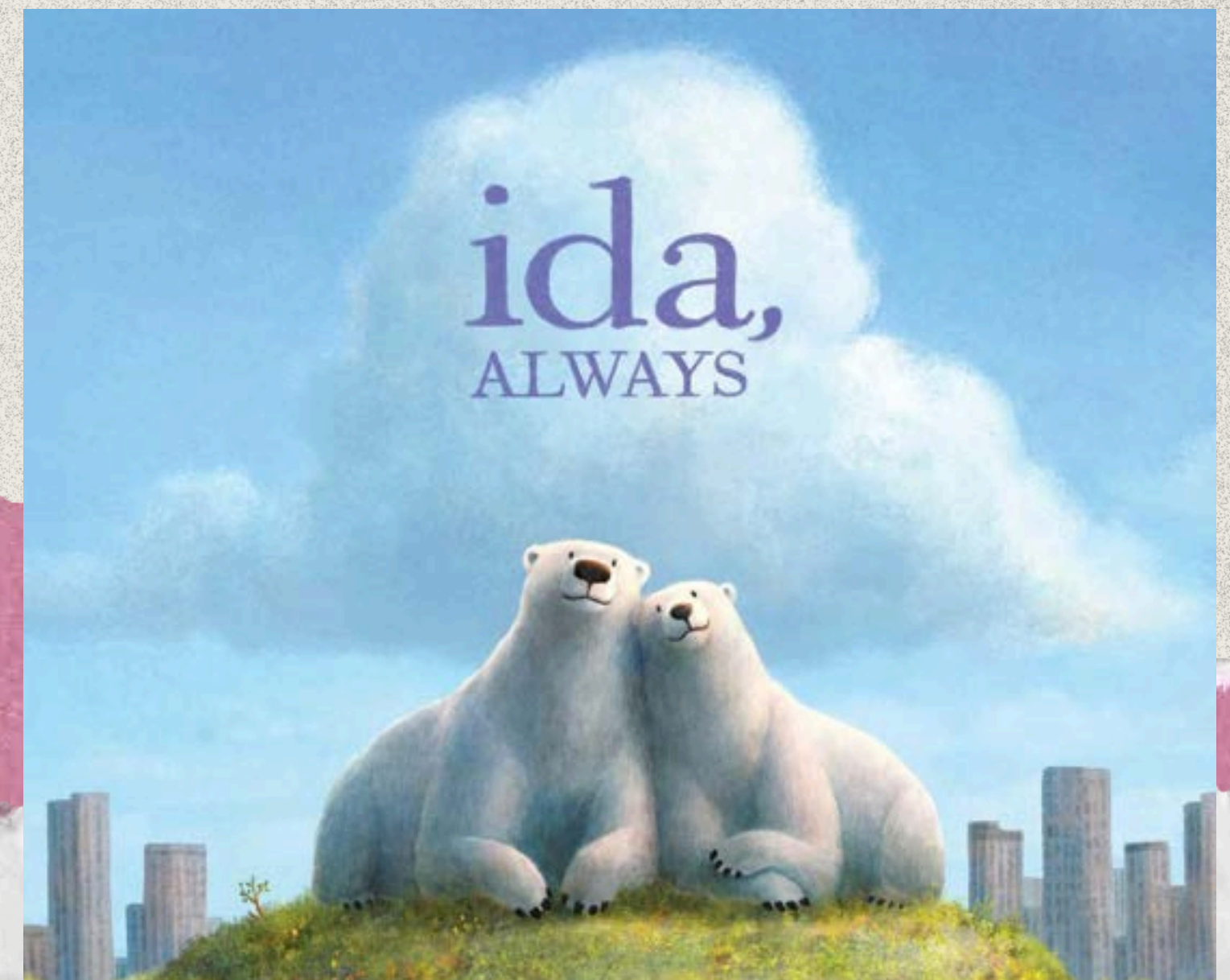
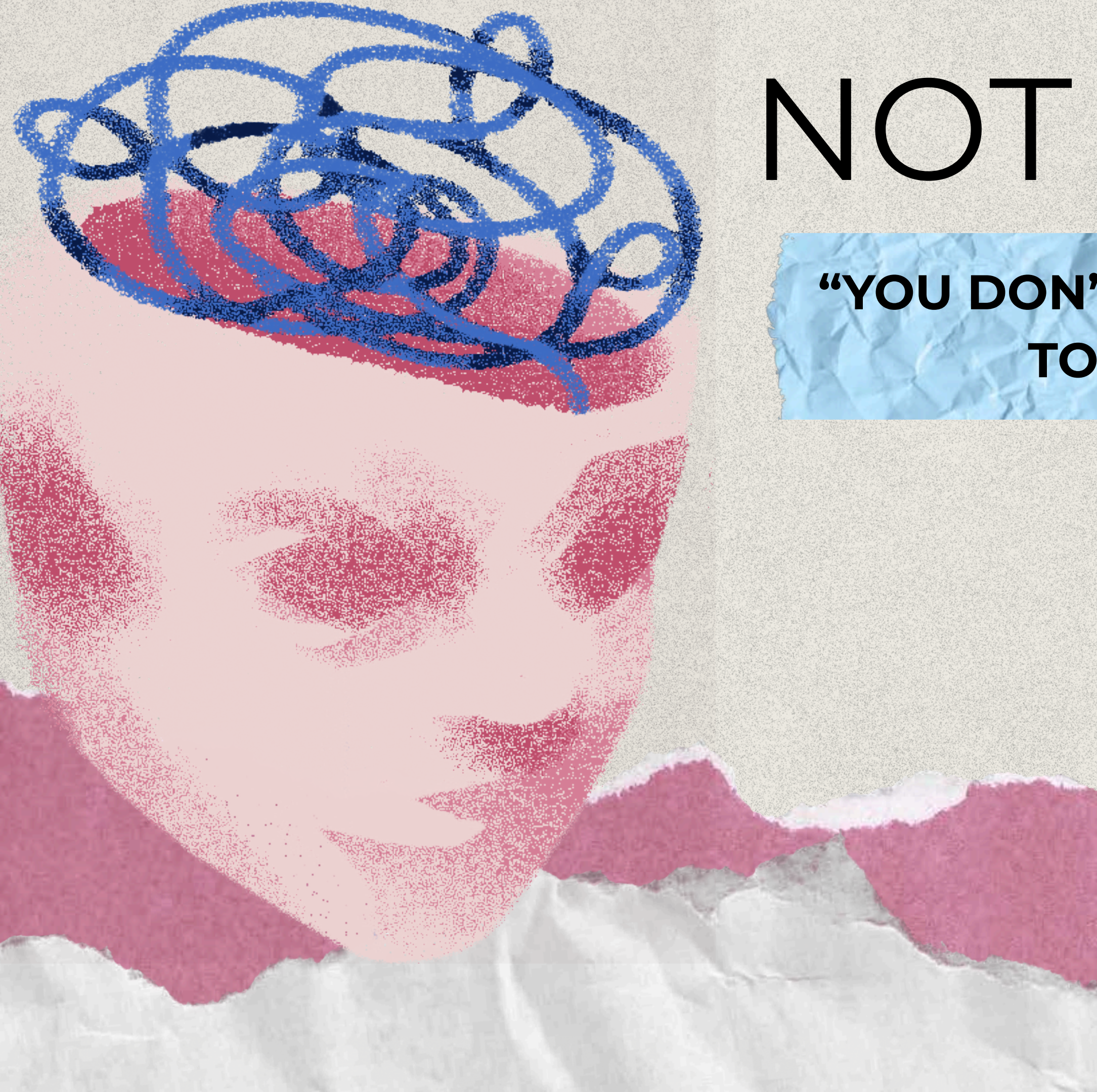
BEARING WITNESS

TAKING ACTION



NOT KNOWING

**“YOU DON’T HAVE TO SEE IT
TO FEEL IT.”**



BEARING WITNESS

“The Rules / No. 1: Crying / Don’t. / No matter what. / Don’t.”

“No. 2: Snitching / Don’t. / No matter what. / Don’t.”

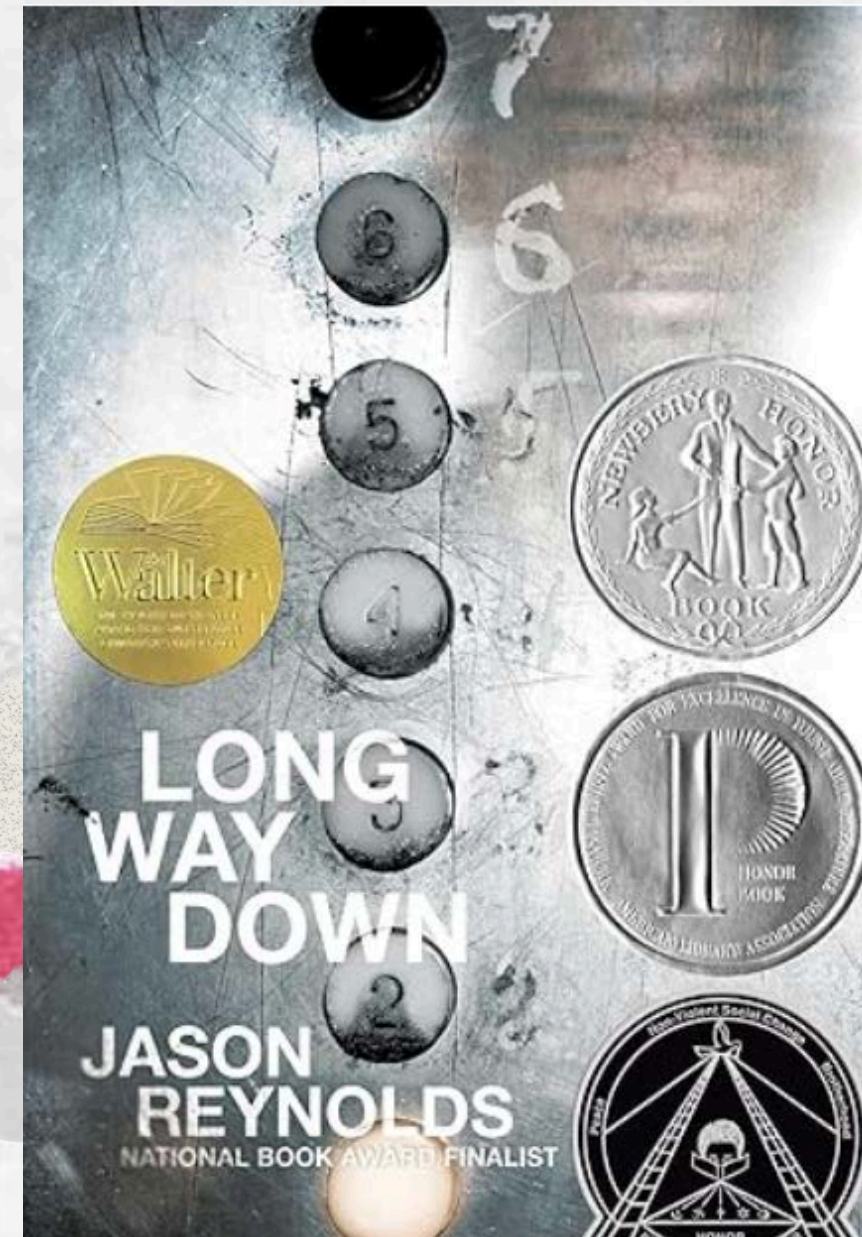
“No. 3: Revenge / If someone you love gets killed, / find the person who killed
/ them and kill them.”

+++

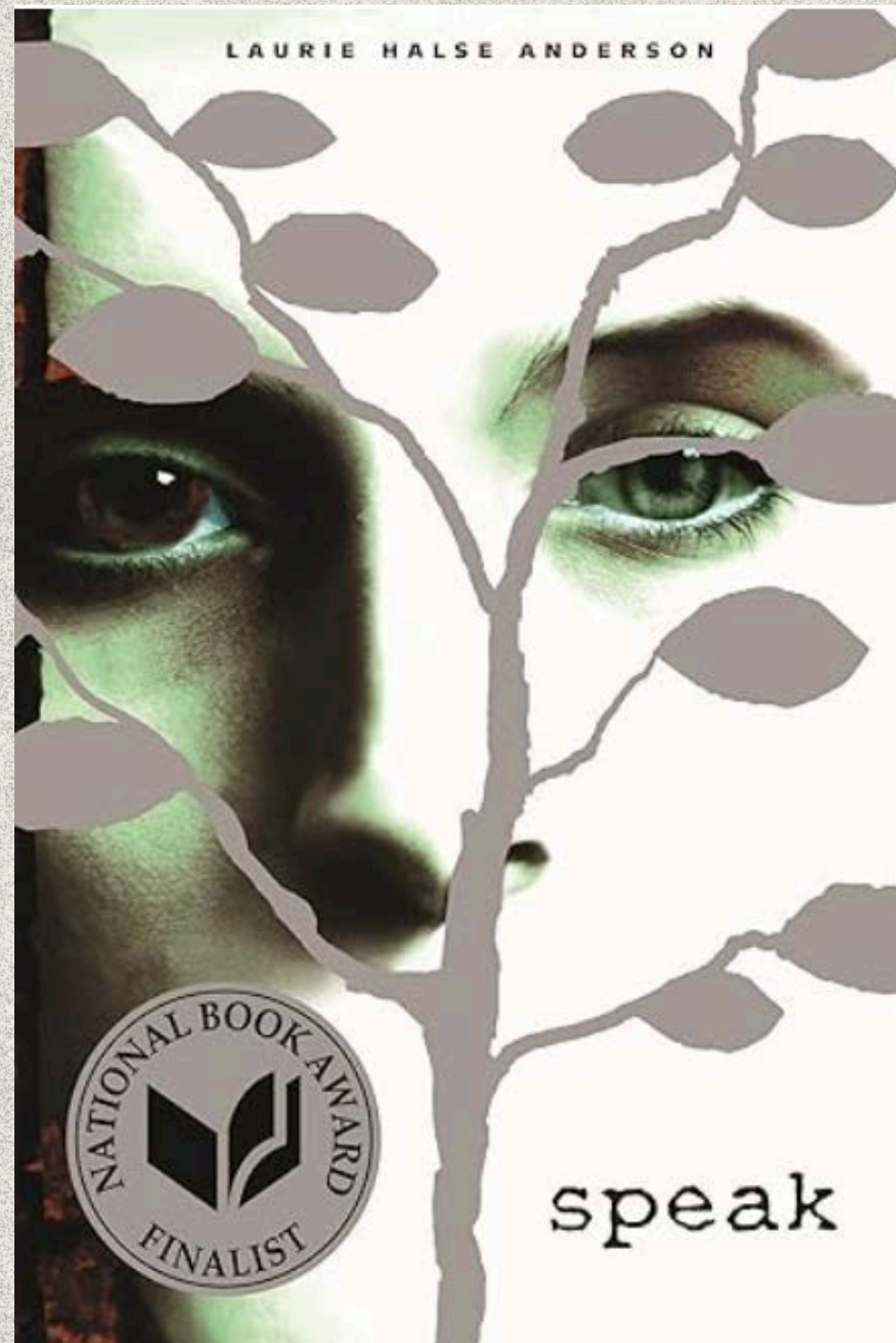
“ANOTHER THING ABOUT THE RULES

They weren't meant to be broken.

They were meant for the broken
to follow.”



TAKING ACTION



“Shards of glass slip down the wall and into the sink. IT pulls away from me, puzzled. I reach in and wrap my fingers around a triangle of glass. I hold it to Andy Evans's neck. He freezes. I push just hard enough to raise one drop of blood. He raises his arms over his head. My hand quivers. I want to insert the glass all the way through his throat, I want to hear him scream. I look up. I see the stubble on his chin, a fleck of white in the corner of his mouth. His lips are paralyzed. He cannot speak. That's good enough.”

• • • •

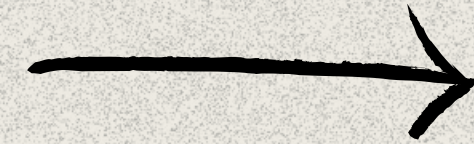
“You’ve been through a lot, haven’t you?”

The tears dissolve the last block of ice in my throat. I feel the frozen stillness melt down through the inside of me, dripping shards of ice that vanish in a puddle of sunlight on the stained floor. Words float up.

Me: “Let me tell you about it.”

THE 3 TENETS

PRACTICE



PAGE

NOT KNOWING



CURIOSITY

BEARING WITNESS



OPENNESS

TAKING ACTION

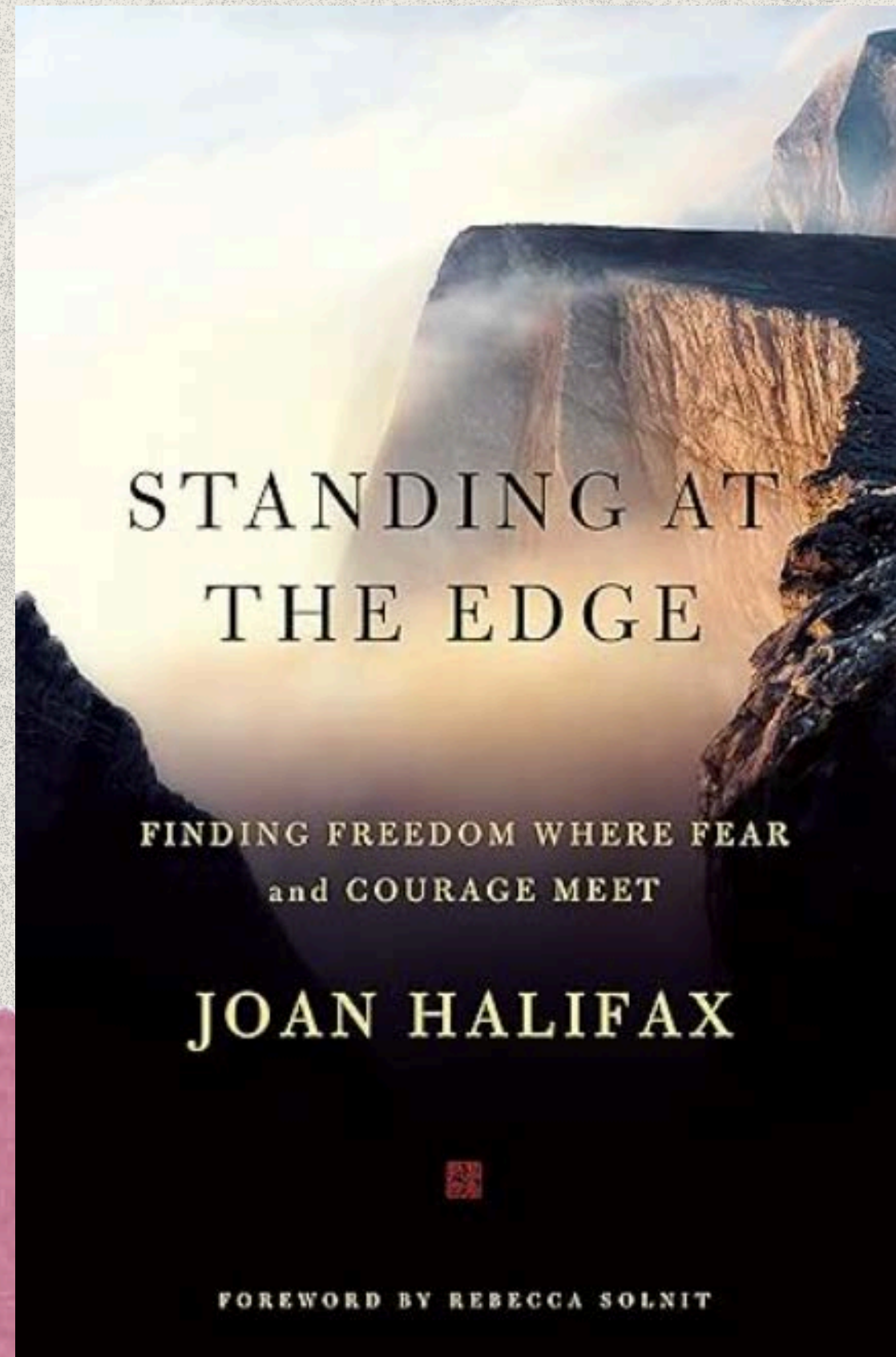


COURAGE



HOW TO WRITE IN “THESE TIMES”





UNDERSTANDING OUR SUFFERING

THE FOLLOWING DEFINITIONS ARE FROM JOAN HALIFAX

MORAL SUFFERING

Moral suffering is the harm we experience in relation to actions that transgress our tenets of basic human goodness.

Just as physical pain tells us that something is wrong in our bodies, moral suffering tells us that our integrity is being violated, and this information can help us guide our actions back into alignment with our values.

MORAL DISTRESS

Moral distress arises when we are aware of a moral problem and determine a remedy, but are unable to act on it because of internal or external constraints.

MORAL INJURY

Moral injury is a psychological wound resulting from witnessing or participating in a morally transgressive act; it's a toxic, festering mix of dread, guilt, and shame.

- Alienation is a hallmark of moral injury.



MORAL APATHY

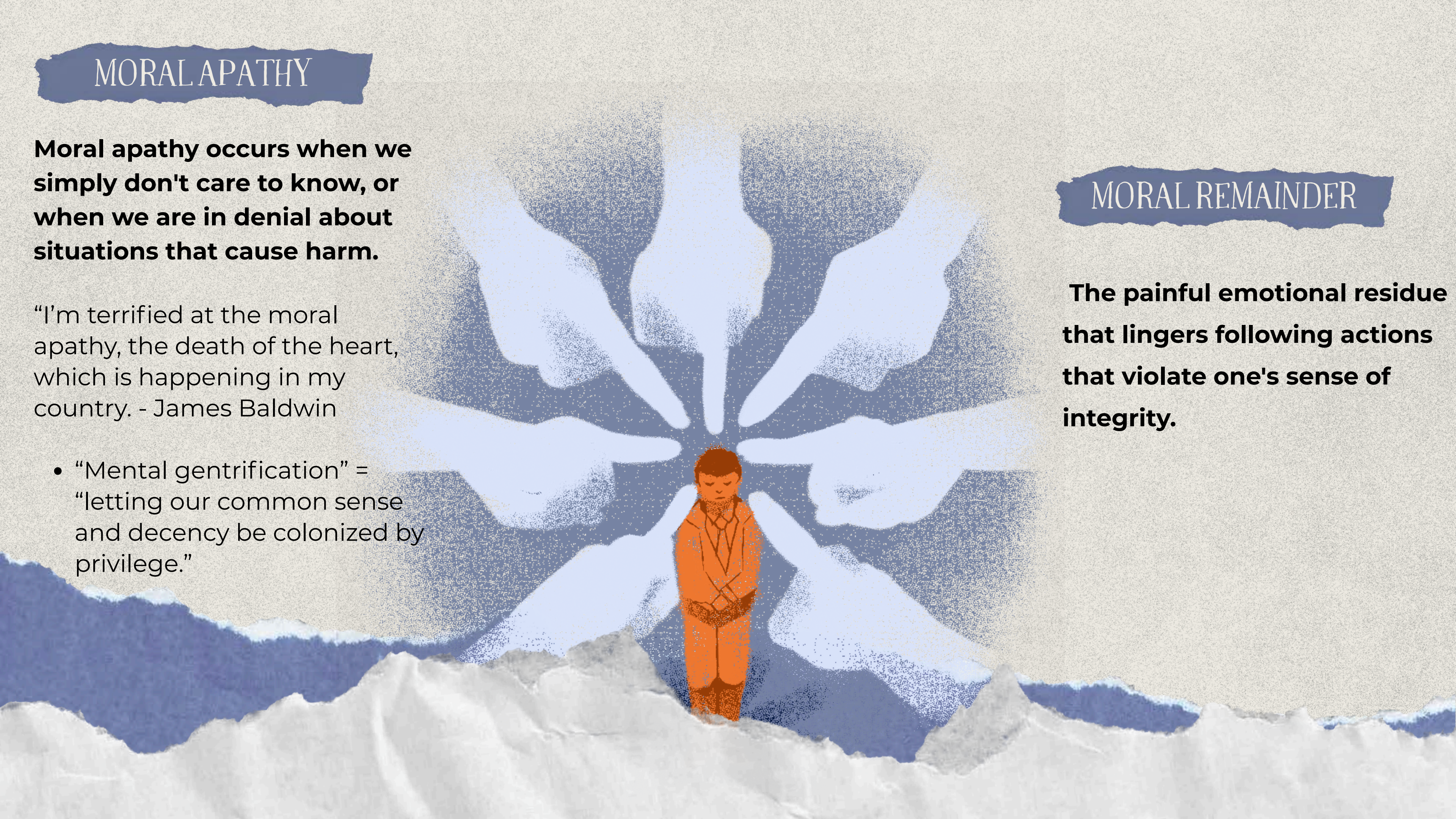
Moral apathy occurs when we simply don't care to know, or when we are in denial about situations that cause harm.

“I’m terrified at the moral apathy, the death of the heart, which is happening in my country. - James Baldwin

- “Mental gentrification” = “letting our common sense and decency be colonized by privilege.”

MORAL REMAINDER

The painful emotional residue that lingers following actions that violate one's sense of integrity.



GENERATIVE SUFFERING

MORAL OUTRAGE

"**Moral outrage** is an externalized expression of indignation toward others who have violated social norms. A reaction involving both anger and disgust, **moral outrage at unethical actions can drive us to take action and demand justice and accountability.**

- **Shadow side:** Righteous indignation can lead to ego satisfaction and might relieve guilt surrounding our own culpability. Binary of morally superior / morally corrupt.
- **Recreational bitterness:** “When we are angry and emotionally overaroused, we begin to lose our balance and our ability to see things clearly, and we are prone to falling over the edge into moral suffering.”



GENERATIVE SUFFERING

MORAL RESILIENCE

Moral resilience is something that empowers us and we're able to cultivate it through various means: "meditation practices to enhance flexibility, grounding, and insight while in high-intensity situations," examining our personal values and noting where they're not in alignment in spaces we work and in community, and accepting the experience of moral remainder and tending to it.

THE RESOURCED WRITER



MINDFUL SELF
COMPASSION

Dr. Kristin Neff



RAIN PRACTICE

Tara Brach



TRAUMA-
INFORMED
WRITING SUPPORT
RD Writers



THERAPY
SPIRITUAL
TECHNOLOGY



Rebecca Dykes
WRITERS

Scan me



Ending gender-based violence one word at a time.