Housekeeping

It is recommended to do at least a good whack of this writing in longhand – there are connections with how this helps to rewire the brain, which I have read about but cannot cite right now.

Longhand

It is recommended to do at least a good whack of this writing in longhand – there are connections with how this helps to rewire the brain, which I have read about but cannot cite right now.

Tense and POV

I am experimenting with tense and POV so I can make recommendations (as it's recommended to use "I" statements in containers such as men's circles. In my <u>Journey Worksheet | WORKING</u> I am playing with present tense in the first person because I expect the immediacy of these perspectives will have greater efficacy in rewriting our recollection of the experience.

The Journey

Part One

1. Pick an episode / event

Part Two

Chapter One

1. Depict the hero in their daily life