



Empowerment Through Self Expression

Resource Book



Self-Expression
Through
Words



Self-Expression
Through
Color & Images



Self-Expression
Through
Play

A few words about me...

My name is Shiri Ben-Arzi.

I am the creator of the Medical Coaching Model and the CEO of MCI (The Medical Coaching Institute).

I am a Master Medical Coach, Medical Coaching Master Trainer, Coaching Supervisor, NLP Master Practitioner, ACE (Advanced Clearing Energetics) Master Practitioner, ADD/ADHD Coach, Workshop Facilitator and International Lecturer.

I am also Ella's mom, a daughter, sister and aunt.

I have been living with a rare chronic illness since 1999 but if you look at me it wouldn't show 😊

I am a rebel, a tree hugger, a feminist, an activist, a writer, a thinker, a dreamer... I am many things, just like you.

Through this resource book I would like to share the things I did and used in my journey of learning to self-express all that is me.

A few words about this Resource Book...

This resource book is a collection of information, tools and techniques that I learned, was given, found and developed in the past 20 years focused on self-expression.

I invite you to use, play and experiment with this book as you explore and expand your self-expression.

Self-Expression Through Words

Intuitive Writing

1. Choose a topic you would like to create clarity on.
2. Set a timer/stopwatch to 40 minutes and start writing everything (including - **EVERYTHING**) that comes to mind regarding the topic chosen.
3. Don't stop writing for the entire 40 minutes. Write anything and everything that comes to mind without deleting, omitting, censoring, correcting spelling/grammar mistakes – even if what you write doesn't seem to be connected to the topic anymore.
4. When you notice that your thoughts have wandered off topic, keep writing what comes up as you gently redirect your attention to the topic.
5. If you experience a mental “blackout” – keep moving the pen right to left scribbling motion. Keep doing that until your focus returns.
* Note – there will probably be an experience of a mental “blackout” 20-30 minutes into the process. It passes after a few minutes.
6. Once the 40 minutes are over, put down your pen/pencil and take a 10 minute break.
7. Start reading what you have written and strike out everything that is not connected to the issue or repetitive. The goal is to remain with one paragraph that contains insights, new perspective and/or new clarity on the topic.

*** don't do this more than once a day.

ANGER LETTER

Guide Lines:

1. Write the letter to a person or to the specific anger generator (God, body, universe, mother, friend, etc.). Do not write it to yourself.
2. Write without any form of self-censorship. You can use “bad language”, “hit beneath the belt” use sensitive information, use very creative adjectives, etc.
3. This is a three-day process.

REMEMBER

1. You are not sending this letter
2. The goal of the letter is to let the anger out from your inner system.
3. An anger letter written to a loved one doesn't change that love or hurt the person in anyway. It actually makes room for healing by releasing the anger.

Process:

Day 1—	Day 2—	Day 3—
<ul style="list-style-type: none"> • Write your anger until you feel there is nothing more to say • Sign your name on it • Fold it and put it away somewhere safe till tomorrow 	<ul style="list-style-type: none"> • Take out and read what you wrote the day before • Write the anger that comes up • Sign, fold and put it away 	<ul style="list-style-type: none"> • Take out and read what you wrote during the past 2 days. • Write the anger that comes up • Sign it • Destroy it in 3 different ways, making the 3rd final and definite

Blogs and:

Patients Like Me - <https://www.patientslikeme.com/>

The Mighty – <https://themighty.com/>

Chronic Mom - <https://www.chronicmom.com/>

Facebook Pages

- Sick Chicks - <https://www.facebook.com/thesickchicks/>
- Chronic Babe - <https://www.facebook.com/chronicbabe/>
- Chronic Mom - <https://www.facebook.com/ChronicMoms/>
- Smart Patients - <https://www.facebook.com/smartpatientscommunity/>
- Hidden Illnesses, or "But You Don't LOOK Sick " - <https://www.facebook.com/HiddenIllnesses/>
- Nyle DiMarco - <https://www.facebook.com/NyleDiMarco/>
- ZDoggMD - https://www.facebook.com/ZDoggMD/?referrer=video_home
- Chronic illness support. Sister page to the charity cisfa uk - <https://www.facebook.com/chronicallyJo/>
- Harnaam Kaur - <https://www.facebook.com/thebeardeddame/>
- RSD/CRPS Friends In Pain - <https://www.facebook.com/RSDCRPSFriendsinPain/>
- Zona's Zone - <https://www.facebook.com/Zonas.Zone/>
- Chloe Temtchine - <https://www.facebook.com/chloetemtchine/>
- Caring Voice Coalition, Inc. - <https://www.facebook.com/CaringVoiceCoalition/>
- Who's My Doctor? <https://www.facebook.com/whosmydoctor/>
- Patients For A Moment - <https://www.facebook.com/Patients-For-A-Moment-107335179318083/>
- Dave deBronkart - <https://www.facebook.com/epatientdave>

Poetry Therapy

Poetry therapy uses poems and poem writing to help deal and process physical, emotional and spiritual aspects of life experiences.

You can use poems written by you or others to help put emotions, thoughts and experiences into words and self-expression.

It's not about being a poet, it's about putting together words and voicing them to yourself and/or others.

How? Simple: connect to your conscious awareness and start to intuitively put words together. Gradually you will find your style, rhythm and way with words.

Recommended book on poetry therapy: **Poetic Medicine/ John Fox**

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Two poems that resonated with me through different periods of coping with my illness:

Fully alive

I will not die an unlived life.
I will not live in fear
of falling or catching fire.
I choose to inhabit my days,
to allow my living to open me,
to make me less afraid,
more accessible,
to loosen my heart
until it becomes a wing,
a torch, a promise.
I choose to risk my significance;
to live so that which came to me
as seed
goes to the next as blossom
and that which came to me as
blossom,
goes on as fruit.

(Dawna Markova)

I Dare You!

I DARE YOU...
to prove that you are more
than you ever believed yourself to be.

DARE ...
to prove that there is more in you,
more to you,
that there is a dimension of you
the world has not yet seen.

DARE...
to spread your wings,
and soar and sail.

LAUGH in the face of adversity
and rejoice in it.

KNOW that you are now,
and always shall be,
victorious over any circumstance.

YOU are greater
than any circumstance
that has ever been in your life.

(Jack Boland)

Books Mentioned in the Video

- 📖 Illness and the Art of Creative Self-Expression/ John Graham-Pole, M.D.
- 📖 When Sleeping Beauty Wakes Up/ Patt Lind-Kyle
- 📖 Hitting The Wall/ Barbara Pate Glacel
- 📖 With The Power Of Each Breath/ Susan Browne, Debra Connors and Nanci Stern
- 📖 Don't Give It Away/ Iyanla Vanzant
- 📖 Life Journey/ Issac Meller
- 📖 O Cancer Foi Minha Cura/ Vania Castaneira
- 📖 When Someone You Love Has Cancer

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Self-Expression Through Color & Images

Intuitive Painting

Choose colors and art supplies that you like (I dare you to choose ones you have no idea how to use ‘properly’).

Choose what you would like to paint on.

Connect to what is present now or to a specific experience or memory without judgment or attachment and allow yourself to freely and intuitively express yourself with the colors and art supplies you choose on whatever you choose to paint on.

The rules are that there are no rules!

There are, however a few tips:

- Go with the flow and follow whatever comes up
- Trust whatever comes up
- Take breaks and look at your work
- Once in a while, turn your work around and continue from a different angle
- Break art rules and use art supplies the “wrong” way
- Write on your painting or use art supplies the “wrong” way
- Integrate other forms of self-expression that you practice
- Take your time

Painting Health into the Body

There are two approaches to painting health into the body.

1. **Direct Approach**

Take a moment and connect to what health means for you and the way you want it to manifest in your body. Use the principles of the intuitive painting and paint that into the outlined bodies as if they were your body.

2. **Process Approach**

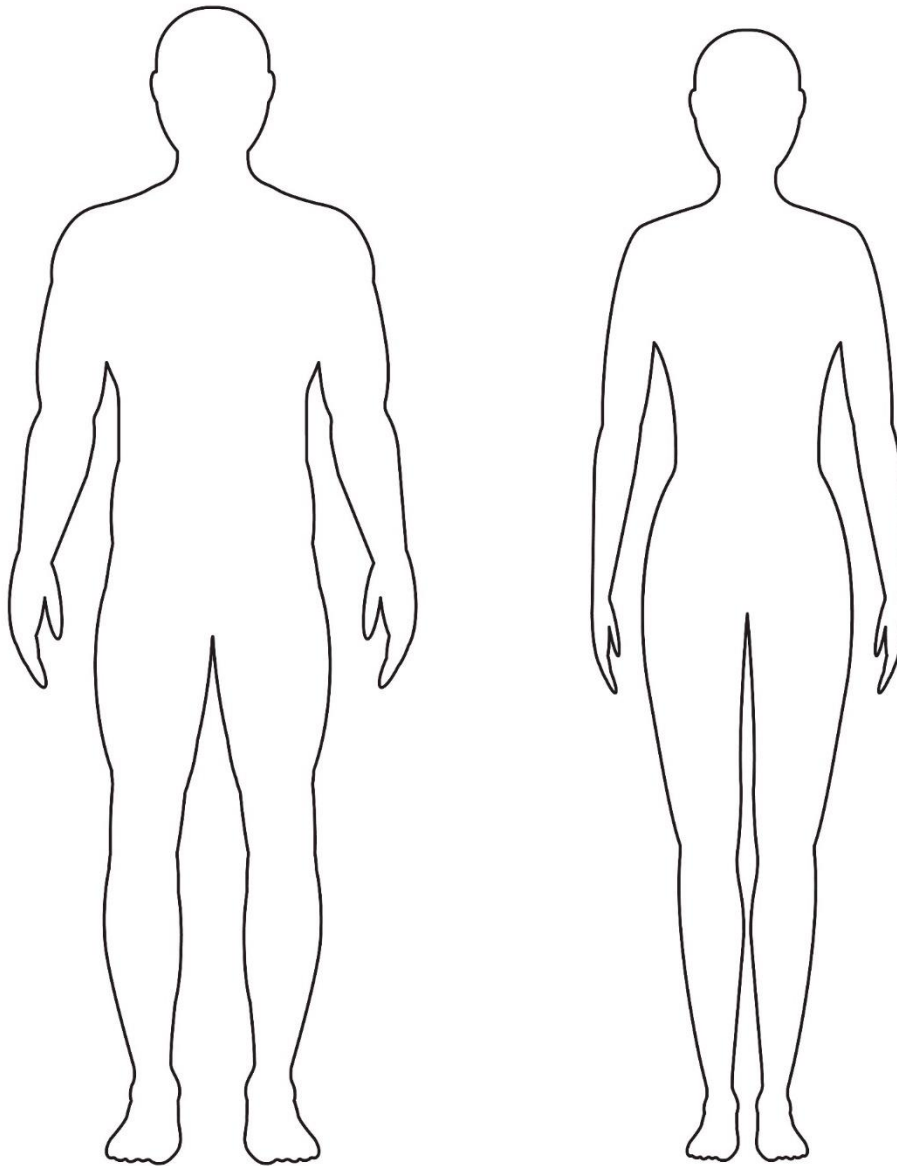
Connect to how your body feels right now. Use the principles of the intuitive painting and paint that into the outlined bodies as if they were your body.

Take a step back and notice what comes up for you as you look at the painted body.

Close your eyes and connect to the way you want it to manifest in your body right now. Use the principles of the intuitive painting and paint that into the painted body as if they were your body.

You can create the full size body outline by laying on a large sheet of paper and drawing the outline of your own body.

Below you will find two small body outlines.



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Collages

You will need: magazines, a pair of scissors, glue for paper pasting and cardboard.

Look through the magazines and every time you come across an image or word/s that resonates - cut it out.

Cut a piece of cardboard in any shape or size that feels right.

Paste your magazine cutouts in any order or arrangement that you like onto the cardboard.

Sit back and take a look. What do you see?

What comes up? (thoughts, feelings, memories)

You can make the collage with a specific issue or intention in mind or simply follow your intuition.

Mandalas - Making your own Mandala

Draw a large circle on a blank piece of paper. This circle is going to represent you.

You are going to fill it with six different aspects of yourself: physical self, emotional self, mental self, spiritual self, yourself in relations to others and, yourself in your environment.

These six aspects can be linked to a specific issue in your life such as your health, illness or healing journey or they can address your life in general.

Remember, it's not about creating perfect repetitive symbols, it's about authentically expressing how you experience these aspects of your life at this moment.

As with the intuitive painting – there are no rules.

Effects of Self-Expression on Health and Medical Conditions:

- ✚ Effects of Writing About Stressful Experiences - https://www.researchgate.net/publication/13090421_Effects_of_Writing_About_Stressful_Experiences_on_Symptom_Reduction_in_Patients_With_Asthma_or_Rheumatoid_Arthritis
- ✚ The Connection Between Art, Healing, and Public Health: A Review of Current Literature - <https://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2008.156497>
- ✚ Emotional and physical benefits of expressive writing - https://www.researchgate.net/publication/231337110_Emotional_and_physical_benefits_of_expressive_writing
- ✚ Effects of guided written disclosure of stressful experiences on clinic visits and symptoms in frequent clinic attenders - <https://academic.oup.com/fampra/article/19/2/161/490940>
- ✚ 'A lifestyle coat-hanger': a phenomenological study of the meanings of artwork for women coping with chronic illness and disability. Disability and Rehabilitation - <https://bura.brunel.ac.uk/bitstream/2438/2041/1/Lifestyle%20coathanger%20Dis%20Rehab.pdf>
- ✚ The Effects of Guided Written Disclosure on Psychological Symptoms Among Parents of Children with Cancer - <https://journals.sagepub.com/doi/abs/10.1177/1074840707303843>
- ✚ Communicating the complexities of chronic illness through art - <https://www.interaliamag.org/articles/elizabeth-jameson/>
- ✚ For Whom Does It Work? Moderators of the Effects of Written Emotional Disclosure in a Randomized Trial Among Women With Chronic Pelvic Pain - https://journals.lww.com/psychosomaticmedicine/Abstract/2004/03000/For_Whom_Does_It_Work_Moderators_of_the_Effects.3.aspx
- ✚ The health effects of at-home written emotional disclosure in fibromyalgia: A randomized trial - https://link.springer.com/article/10.1207/s15324796abm3202_11
- ✚ Conversations about creativity and chronic illness II: textile artists coping with long-term health problems reflect on the creative process. Creativity Research Journal - <https://bura.brunel.ac.uk/bitstream/2438/2034/1/CRJ2.pdf>

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Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you not to be? You are a child of God.

Your 'playing small' does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do.

We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others.

(Marianne Williamson)