

Client Worksheet

Healing Haiku

Poetry helps us give voice to what is sometimes nonverbal, bridging the right and left hemispheres of the brain. Some people simply start writing, letting the words flow into a poem, while other people need more of a format to bring their words to life. One suggested format is a Japanese haiku, which is a verse in three lines:

Line one has 5 syllables.

Line two has 7 syllables.

Line three has 5 syllables.

Here are some examples of haikus:

Shame in my body
Feels like I can't breathe or move.
What am I to do?

Empathy in me
Allows me to see your truth.
Let me look at you.

Courage within me
Makes me strong and holds me up.
I am safe with me.

Love in my body
Feels so scary and locked up.
Can I open up?

If you are ready, try out this poetry exercise by writing a haiku or any other type of poem that speaks to you. First, take a deep breath and feel your body. Then, see if you can name a feeling in your body and describe it with a poem. Don't worry about how "good" your poem is. Simply write and let the words flow.
