

## Expressive writing (EW)

### Day 1

You will now be asked to complete the expressive writing task. I want you to express your real thoughts by writing. In the following days, you will spend 20 minutes each day to write down **your negative experience or another event that bothers you.**

Instruction:

- Please write **your experiences and stories** of the event
- The most important is: Please write down **your deepest emotions and feelings**
- You may **tie into your personal experiences to other parts of your life**: such as whom you are? How you have been? What things do you like to do? The relation to your childhood, your relationships with others, for example parents, relatives, friends significant persons, who you are,
- Whatever you write, please **explore your inner being seriously**, and write down your emotions and feelings relating to the event.
- Please write as much as possible in the following 20 minutes, and do not stop. *Your grammar, sentence structure will NOT be examined. If you want to use some characteristics you have not learned, please use phonetic alphabets.*

(You will now be requested to complete the writing task. We would like you to express your real thoughts by writing. In the following days, you will spend 20 minutes each day to write down your negative experience or another event that bothers you.

Instructions:

Please write your experiences and stories of the event;

The most important is: Please write down your deepest emotions and feelings;

You may tie into your personal experiences to other parts of your life: such as whom you are? How you have been? What things do you like to do? The relation to your childhood, your relationships with others, for example parents, relatives, friends significant persons

Whatever you write, please explore your inner being seriously, and write down your emotions and feelings relating to the event.

Please write as much as possible in the following 20 minutes, and do not stop. Your grammar, sentence structure will NOT be examined. If you want to use some characteristics you have not learned, please use phonetic alphabets.)

### Day 2

Thanks for your yesterday's writing!

How do you feel now? Before your today's writing, you could spend a little time to think what you wrote yesterday?

Please **continue yesterday's topic**, write down your experience and express your real thoughts. The writing time is still 20 minutes.

Instruction:

- Please write **your experiences and stories** of the event.

- The most important is: Please write down **your deepest emotions and feelings**
- You may **tie into your personal experiences to other parts of your life**: such as whom you are? How you have been? What things do you like to do? The relation to your childhood, your relationships with others, for example parents, relatives, friends significant persons, who you are,
- Whatever you write, please **explore your inner being seriously**, and write down your emotions and feelings relating to the event.
- Please write as much as possible in the following 20 minutes, and do not stop. *Your grammar, sentence structure will NOT be examined. If you want to use some characteristics you have not learned, please use phonetic alphabets.*

### Day 3

Thanks for your yesterday's writing!

How do you feel now? Before your today's writing, you could spend a little time to review what you wrote yesterday?

Please continue to write, and express your real thoughts. The writing time is still 20 minutes.

Instruction:

- Please write **your experiences and stories** of the event.
- The most important is: Please write down **your deepest emotions and feelings**
- You may **tie into your personal experiences to other parts of your life**: such as whom you are? How you have been? What things do you like to do? The relation to your childhood, your relationships with others, for example parents, relatives, friends significant persons, who you are,
- Whatever you write, please **explore your inner being seriously**, and write down your emotions and feelings relating to the event.
- Please write as much as possible in the following 20 minutes, and do not stop. *Your grammar, sentence structure will NOT be examined. If you want to use some characteristics you have not learned, please use phonetic alphabets.*

### Guided narrative technique (GNT)

#### Day1

You will now be asked to complete the expressive writing task. I want you to express your real thoughts by writing. In the following days, you will spend 20 minutes each day to write down **your negative experience or another event that bothers you**.

Instruction:

- Please write **your experiences and stories** of the event.
- The most important is: Please write down **your deepest emotions and feelings**
- You may **tie into your personal experiences to other parts of your life**: such as whom you are? How you have been? What things do you like to do? The relation to your childhood, your relationships with others, for example parents, relatives, friends significant persons, who you are,
- Whatever you write, please **explore your inner being seriously**, and write down your emotions and feelings relating to the event.
- Please write as much as possible in the following 20 minutes, and do not stop. *Your grammar, sentence structure will NOT be examined. If you want to use some characteristics you have not learned, please use phonetic alphabets.*

#### Day2

Thanks for your yesterday's writing!

How do you feel now? Before your today's writing, you could spend a little time to think what you wrote yesterday?

Please **continue yesterday's topic**, write down your **experience**, but I hope you can explore **your feeling and thoughts** more deeply according to the instructions. The writing time is still 20 minutes.

Instruction:

- Think carefully and write down the **NEGATIVE EMOTIONS** you experienced since the event (e.g. anger, fear, sadness, horror, and grievance etc.) and **INNER CONFLICTS** (e.g. the changes in your character and behaviour, your thoughts about these changes). They may still affect your daily mood several months after the event and even your present status.
- Think and write down **WHY you have these negative emotions and conflicts**: e.g. you may feel anxious about future because of COVID-19: why do you feel anxious? It may be because you worry about your family or friends influenced by the disease, maybe because isolation and no longer being able to social with friends, maybe because financial problems you are experiencing. You may find changes of your character, why did you change? Is it because the change of your view about life? Or, because there are still anger and grievance in your heart?  
You may tie these thinking to **your other parts of life** (your hobby, your childhood, your health etc.) Please explore and write down your own understanding
- Please write as much as possible in the following 20 minutes, and do not stop. *Your grammar, sentence structure will NOT be examined. If you want to use some characteristics you have not learned, please use phonetic alphabets.*

### Day 3

Thanks for your yesterday's writing!

How do you feel now? Before your today's writing, you could spend a little time to think what you wrote yesterday.

You have re-experienced and realized a lot from the writings in the past two days. This is the last day's writing. Today I would like you to look at your experiences from a **POSITIVE ASPECT**, from a different angle. Hope you can think and write down the **POSITIVE EMOTIONS AND PERSONAL GROWTH** you experienced or the event you choose to write. Today is the last day for writing; you may would like to end it and finish all you want to write. The writing time is still 20 minutes.

Instruction:

- You could try to transfer your attention from what have happened, and focus on the **POSITIVE EMOTIONS** (e.g. moved, happy and warm) and **YOUR GROWTH**, and explore the **aspects which inspired you**.  
E.g. although you are anxious because of the outbreak of the COVID-19, but you may change your view of life and cherish your connections with friends and families even more?
- What is the **meaning** of these experiences **for your life**?
- Review your past: do these experiences make you a **better person** (e.g. more empathy, more considerate etc.)? Do you feel **more experienced** when confronting difficulties or frustrations **in the future**?
- What **expectations** do you have for **future**?
- Please review and think **positively** about the writing in the past two days.

- Please write as much as possible in the following 20 minutes, and do not stop. *Your grammar, sentence structure will NOT be examined. If you want to use some characteristics you have not learned, please use phonetic alphabets.*

## Self-compassion condition (SCC)

### Self-compassion condition

#### Day1

You will now be requested to complete the writing task. We would like you to express your real thoughts by writing. In the following days, you will spend **20 minutes** each day to write down **your negative experience or another event that bothers you**.

Instruction:

- Please write **your experiences and stories** of the event
- The most important is: Please write down **your deepest emotions and feelings**. Simply write down how you felt: sad, ashamed, afraid, stressed, and so on.
- While writing, try to become aware of the events, emotions, and thoughts in **a neutral way**. Try to be **mindful** of any painful emotions that resulted from self-criticism or difficult circumstances. Try to **be accepting of your experience. Don't condemn, downplay, or overly dramatize the experience**. For example, "I was frustrated because I was so slow. I was angry, then overreacted and felt laughable at the end.")  
If this feels a bit odd at the beginning, just try to engage in the writing exercise and see what happens.
- Please write as much as possible in the following 20 minutes, and do not stop. *Your grammar, sentence structure will NOT be examined. If you want to use some characteristics you have not learned, please use phonetic alphabets.*

#### Day2

Thanks for your yesterday's writing!

How do you feel now? Before your today's writing, you could spend a little time to think what you wrote yesterday.

Please **continue yesterday's topic**, write down your **experience**, but I hope you can explore **your feeling and thoughts** more deeply according to the instructions.

Instructions:

- Think carefully and write down **How do these events connect you with other people?**
- Please express **in what way these events connect you with other people**. When you remember these painful events and emotions, consider **how other people may have felt or behaved in a similar fashion**: e.g., "Difficult times and painful emotions are part of life, everyone can overreact sometimes, that is only human", or "I made a mistake, but this happens to everyone from time to time".
- Please also think about **the reasons and circumstances of the difficult events, emotions or self-criticism. Was it have brought you to behave and feel like this?** For example, "I was annoyed because I was already late for my doctor's appointment at the other end of town and then headed into heavy traffic. If the circumstances had been different, I would have reacted differently as well. Anyone would have been stressed in this situation".
- Please write as much as possible in the following 20 minutes, and do not stop. *Your*

*grammar, sentence structure will NOT be examined. If you want to use some characteristics you have not learned, please use phonetic alphabets.*

### Day 3

Thanks for your yesterday's writing!

How do you feel now? Before your today's writing, you could spend a little time to think what you wrote yesterday.

You have re-experienced and realized a lot from the writings in the past two days. This is the last day's writing. Today I would like you to look at your experiences from a **SELF-KINDNESS ASPECT**, from a different angle. Today is the last day for writing; you may want to end it and finish all you want to write. The writing time is still 20 minutes.

### Instruction

- Now, please try to **express kindness for yourself**, that is like talking to yourself as if a best friend tells you about their stressful event and you try to comfort and calm them, saying things like "How frustrating, I am sorry to hear that you had to go through this". Please address yourself in the second person. **Write kind, understanding and soothing words.** Express that you are important to yourself and try to find a kind and soothing tone. For example: "It's okay. You messed up, but this isn't the end of the world". "I understand that you were frustrated and then snapped". This may feel a bit odd at the beginning therefore it may be helpful to write as if you comfort a good friend. Try to engage in the exercise and see what happens.
- Whatever you write, please **comfort yourself and understand yourself as a kind friend.**
- Please write as much as possible in the following 20 minutes, and do not stop. *Your grammar, sentence structure will NOT be examined. If you want to use some characteristics you have not learned, please use phonetic alphabets.*

## Control Writing Instructions

### Day 1 2 3

In your 20-minute writing tasks today, you will be asked to write about *your health-related behaviors*.

For the next 15 minutes, your task will be to write about your health and wellness behaviors. Try to recall a typical day in your life recently.

When you write, *focus on what you did during a typical day that may have influenced your health in either a positive or negative way.* Pay special attention to your diet, exercise/sports, smoking habits, drinking habits, use of caffeine, and other health-related behaviors. For example, you might start by noting how much and what types of exercise you performed on a typical day. If you smoked or drank alcohol, estimate roughly how often you did this, and when and how much you did this each day. Also, try to recall roughly when you went to sleep and woke up, and mention the quality of your sleep. Any other factors that may have influenced your health should also be mentioned.

Write as objectively as possible.

Don't write about your attitudes, feelings or emotions.

Only include objective information about your health behaviors. Obviously, you can't remember everything you did so just try to be as accurate and factual as you can.