

Healing Alchemy

31 Days of Creative Writing & Nervous System Reconnection

by Brian Hogan

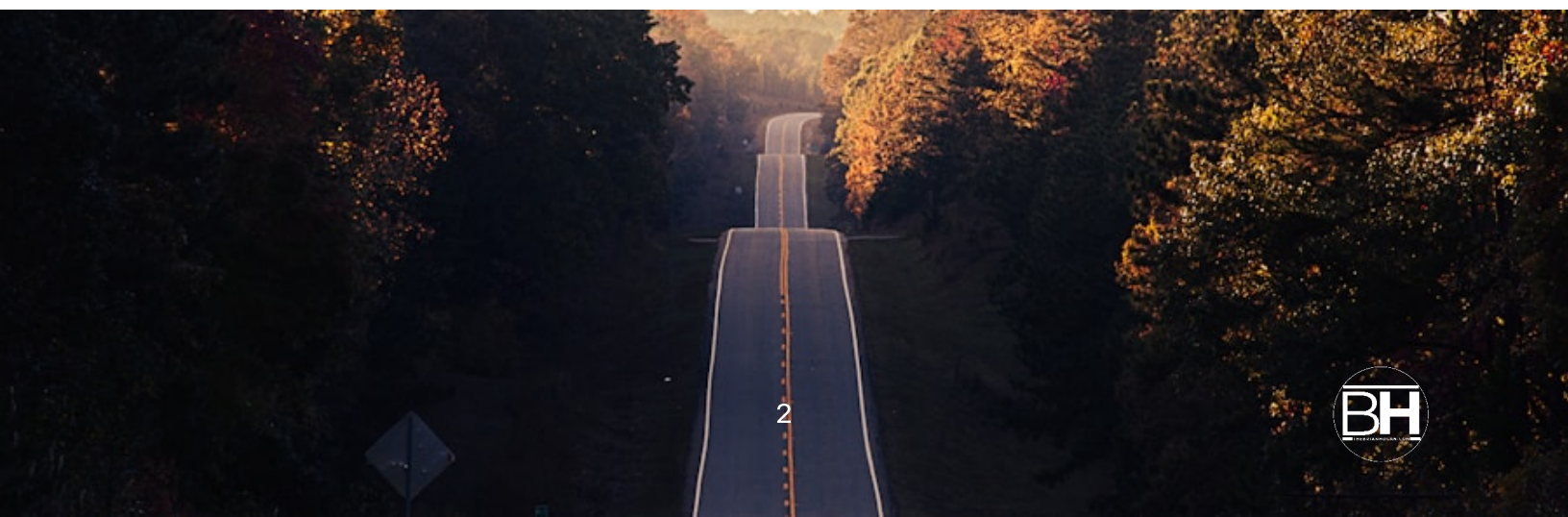
Life Coach | Filmmaker | Clinical Therapist



✨ Welcome to Your 31-Day Healing (& Writing) Journey

You are about to embark on a brave, imaginative, and deeply personal journey. This isn't just a writing challenge—it's a nervous system reset through story, metaphor, and expression. These prompts are designed to meet you where you are and gently guide you toward greater integration, freedom, and self-trust.

Each prompt blends science-backed expressive writing practices with creative imagination, inviting your **inner storyteller**, your **inner witness**, and even your **inner protector** to speak and be heard.



A month of prompts, arranged in an intentional sequence aligned with **Polyvagal Theory** and trauma-sensitive pacing.

The order loosely follows this arc:

1. **Safety & Grounding** – Building trust, imagination, and gentle exploration
2. **Mapping Inner Terrain** – Accessing symbolic expression and curiosity
3. **Deepening Awareness** – Naming hidden patterns and relational dynamics
4. **Integration & Release** – Confronting, transforming, and reclaiming power
5. **Reconnection & Expansion** – Reimagining self, purpose, and freedom

Before you begin, a few **guidelines** to support safety and transformation ↓

□ Your Writing Ritual: **Safety First**

- **Find a place of comfort and quiet**—somewhere that feels *undeservedly kind*, like a gift to your nervous system. Cozy, soft, or surprising—let this space hold you
- **Set a timer for 15 minutes.** You may write longer if you wish, but stop at 15 unless the inspiration truly insists. Stopping is also a form of power
- **Use pen and paper if you can.** Slowing down physically can help surface deeper insights





Stay With Your Experience

- **Let yourself feel as you write.** If something stirs, see if you can stay with it. Don't rush to interpret or fix—simply witness
- **If intensity arises, pause and breathe.** Look around the room. Find five things you can see. Return to the page only if it feels safe
- You're not here to be “productive”—you're here to **befriend the unknown** parts of yourself, one image or sentence at a time



Write Every Day (Even Just a Little)

- Transformation happens through **repetition with compassion**. A few sentences is enough. Even reading the prompt and sitting with it counts
- If you miss a day, there is no guilt here. Just begin again. Re-enter gently, like slipping into warm water





There Are No Wrong Words

- These prompts are not tests. You cannot fail. Write nonsense. Write in metaphor. Write without punctuation. Let yourself be messy, brilliant, strange, free.
- You may discover versions of yourself you've outgrown—or versions waiting to emerge. All of them are welcome here.



The Only Real Rule

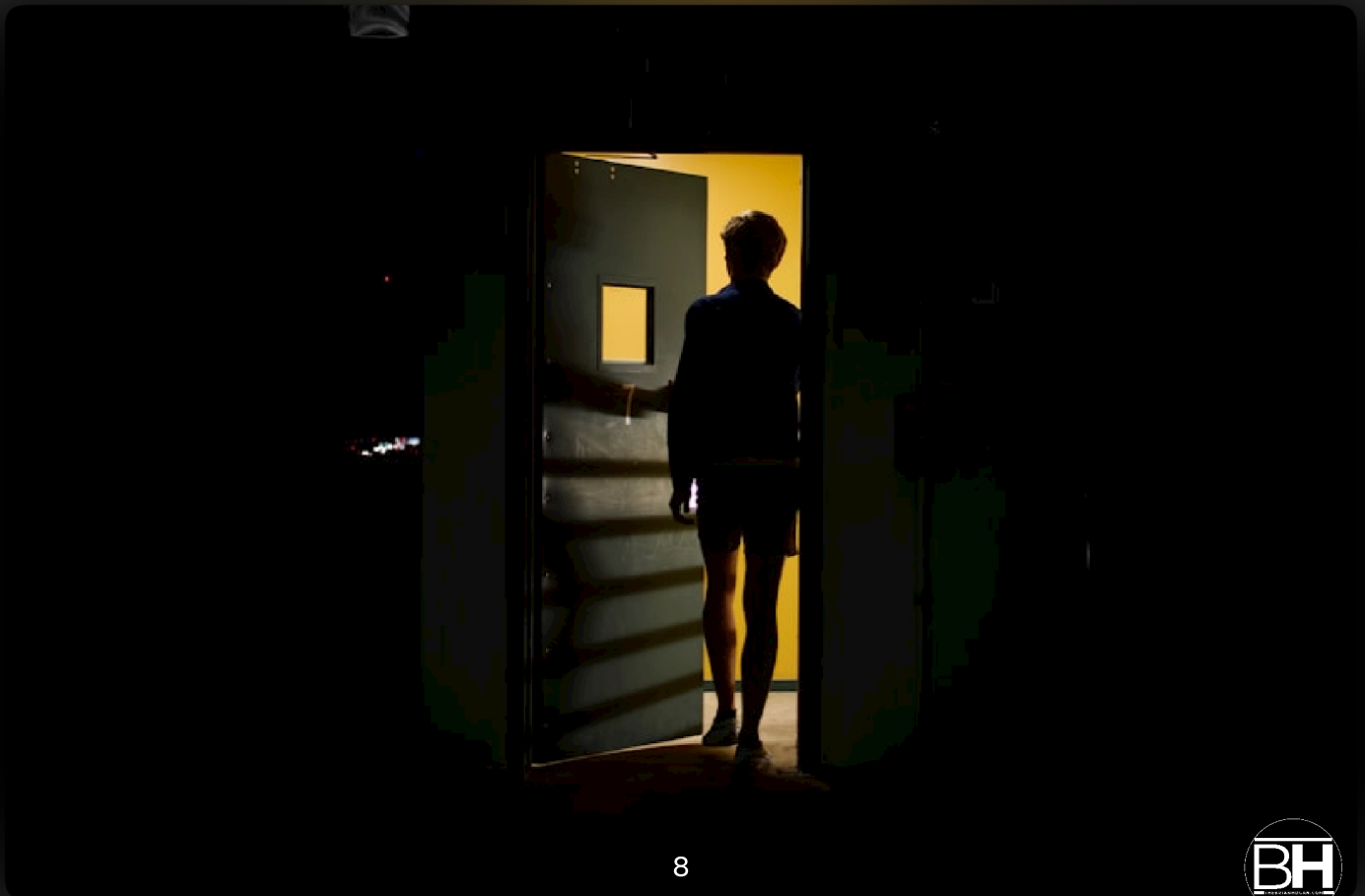
Do not escape. Enter

Let your words take you somewhere unexpected.

This is a sanctuary for your stories, your sensations, and your healing.

You are allowed to become something new here.

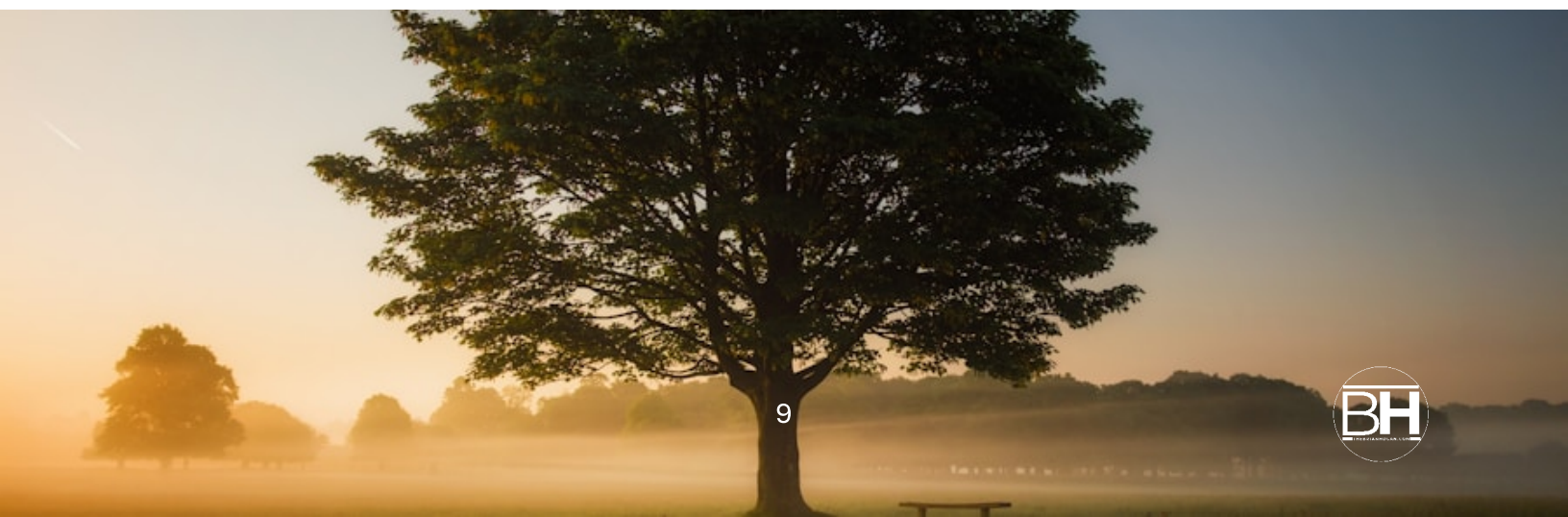
Let's begin.



SAFETY & IMAGINATION

Building grounded curiosity, imagination, and safety (ventral vagal)

- **DAY 1: The Tree Growing Inside You** *Describe the tree that has been growing in your body all your life. What kind of tree is it? Where are its roots, and what season is it in?*
- **DAY 2: Your Inner Weather Report** *Describe today's emotional climate as if you were a weather forecaster. What patterns are forming? Any storms ahead or sudden sunshine?*
- **DAY 3: A Moment or Place That Feels Like Refuge** *Describe a moment or place—real or imagined—that feels like true refuge for your nervous system. What makes it feel safe?*
- **DAY 4: The Room That Waited for You** *You open a door you've passed by for years. Inside is a space created just for you by a wiser version of yourself. Describe the room and how it changes you.*
- **DAY 5: The Unread Book Inside You** *There's a book inside you that has never been written. What's its title, what's the first line, and what truth does it carry that you haven't dared to say aloud?*
- **DAY 6: The Object on the Shore** *You arrive at a strange shoreline after a storm. You find a single object washed up that holds the secret to your next transformation. What is it? What does it carry?*
- **DAY 7: The Song You Forgot Was Yours** *You suddenly hear a song you knew before you were born. What does it awaken? Write the lyrics or describe what it unlocks in your body*



EXPLORING SELF & SYMBOL

Using metaphor and symbol to safely explore the psyche

- **DAY 8: Pretend You're an Inanimate Object** *Choose any inanimate object (e.g., a candle, mirror, doorknob). Now write a story from its perspective—how does it see you?*
- **DAY 9: You as a Discarded Object** *You've been left behind in a thrift store. What are you? Who used to own you? What story do you still carry?*
- **DAY 10: The Junk Drawer of Your Mind** *What do you keep in the junk drawer of your mind? Where is it located? What would happen if you opened it and really looked inside?*
- **DAY 11: The Inner Animal Who Wants to Be Seen** *An animal has been hiding inside you for decades. Today, it's ready to be seen. What is it? What does it want you to remember?*
- **DAY 12: The Emotion Living Under Your Bed** *There's a feeling that lives under your bed. It's been trying to get your attention for years. What is it? How does it try to communicate?*
- **DAY 13: The Emotion That Got Lost in the Mail** *A feeling you tried to send out never arrived. It got lost, then years later, it returns—crumpled, worn, postmarked from an unknown place. Open it*
- **DAY 14: The Unnamed Color** *You've just discovered a new color. It represents a part of you that has never had a name. Describe it—what does it taste like, sound like, feel like?*



COMPLEX EMOTIONS & SHADOW WORK

Gently confronting hidden parts and giving voice to silenced truths

- **DAY 15: The Habit With a Secret Life***Pick a habit you want to break. Now write a day-in-the-life story from its perspective. Who does it believe it's protecting?*
- **DAY 16: Your Soul's Garage Sale***Your soul is hosting a garage sale. What's being sold, and what's not for sale under any circumstance?*
- **DAY 17: Lost & Found***Write a list: "Things I've Lost" and "Things I've Found." Now write about one item that appears on both lists*
- **DAY 18: A Dialogue Between You and You on Your Deathbed***Write a conversation between your current self and your future self on your deathbed. What do you ask? What does future you want to say?*
- **DAY 19: What Are You Hiding From, and What Might Call You Out?***Name what you're hiding from right now. Then imagine the one thing or person that could coax you back into the light. What would they say?*
- **DAY 20: The Thing That Couldn't Be Burned***There was a fire. Everything is gone except one thing. Describe it—and why it survived*
- **DAY 21: The Apology You Needed***Write a monologue where the other person sincerely apologizes—not just with words, but with deep understanding of your pain. What changes in you as you read it?*



TRANSFORMATION & RECLAIMING POWER

Activation and integration with growing capacity for challenge and change

- **DAY 22: Turn a Struggle Into a Creature & Send It on an Adventure** *Take a current struggle (e.g., loneliness, money fear, heartbreak) and turn it into a creature. Where does it go, and what happens on its journey?*
- **DAY 23: The Broken Compass** *You find an old compass that no longer points north—it points to what you most avoid. Follow it. Where does it lead?*
- **DAY 24: What the Fire Taught Me** *There was a time something burned down inside you—metaphorically or literally. What did the fire consume, and what did it leave behind?*
- **DAY 25: Interview With Your Shadow** *Sit down with the part of you that shows up at the worst possible time. Give it a voice. What would it say if you asked it to speak honestly?*
- **DAY 26: What the Walls Heard** *Pick a room where something hard happened. Let the walls tell the story from their point of view—without blame, just observation*
- **DAY 27: A Version of You That Survived Without Love** *There is a version of you who kept going even when no one noticed. Let them write a letter to you now*
- **DAY 28: Instructions for Breathing Underwater** *Life has pulled you beneath the surface. A guide appears, offering strange but perfect instructions for how to breathe here. What are they?*

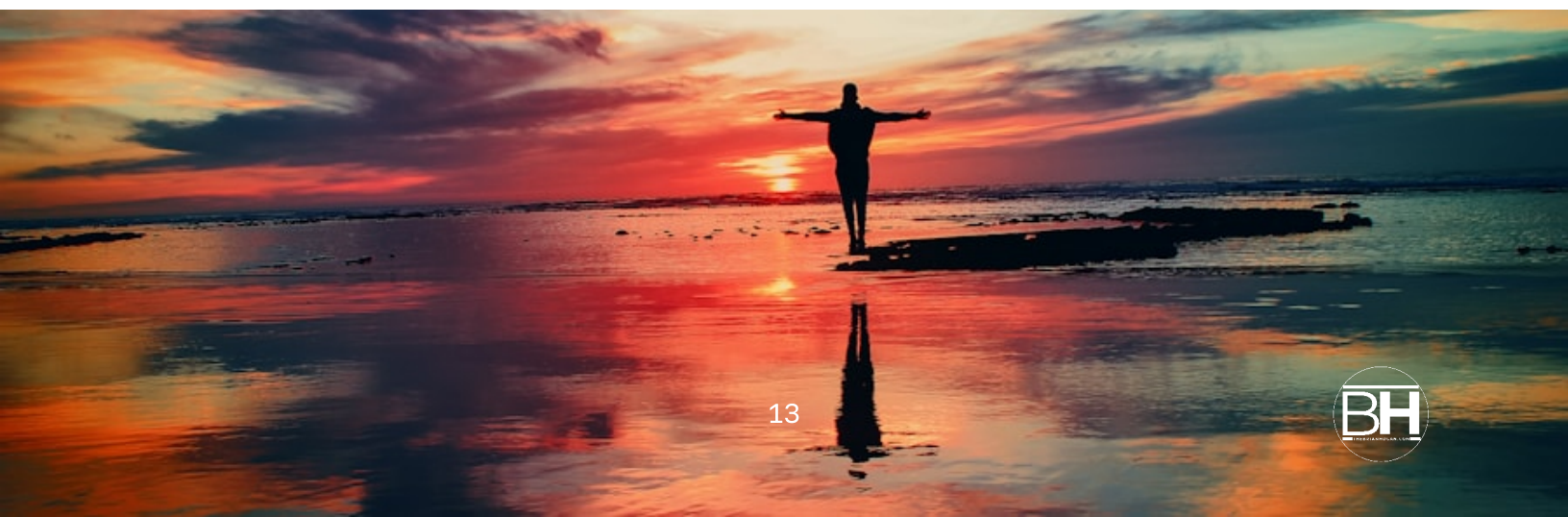


Final 3 Days

INTEGRATION & RECONNECTION

Closing with personal truth, integration, and emergence

- **DAY 29: Reunion at the Crossroads** *You arrive at a crossroads where four different versions of yourself are waiting. They've come to give you one thing each before you move on*
- **DAY 30: The Invisible Thread** *There's a thread connecting you to something ancient and steady—though you often forget it's there. Today, you follow it. Where does it lead?*
- **DAY 31: Freedom Day** *Today is the day your freedom becomes non-negotiable. Write a manifesto, poem, or speech declaring what freedom now means to you*



You Made It

And That Is More Than Enough

Celebration | Reflection | Deepening

Take a deep breath.

You've just completed a 31-day journey into the unseen corners of your story, your nervous system, and your inner landscape. That's not small work. That's soul work. That's healing. You've met creatures, memories, versions of yourself long forgotten or rarely heard. You've turned pain into poetry, confusion into metaphor, and silence into voice. This wasn't about writing well. It was about writing truth. And truth, spoken from the body outward, is medicine.

Before you move forward, **pause and let this land:**

- You did not have to heal everything this month
- You didn't have to find answers
- You didn't even have to finish



Showing up—again and again, with curiosity, tenderness, and even resistance—is enough. That *is* the rewiring. That *is* the transformation.

What Comes Next

Now that you've opened doors inside yourself, you may feel raw, inspired, unsettled, or creatively on fire. All of that is natural.

Here are a few gentle options for integration:

- **Reread your entries slowly.** Circle images, moments, or phrases that still hold a charge
- **Choose one prompt to revisit weekly.** Let it evolve as you do
- **Talk to someone you trust**—a therapist, coach, or fellow seeker—about what surfaced. Name it aloud

Most importantly: **Don't rush to close what was opened.** Let what's been stirred move through you like weather. Let it finish its sentence.



Let's Work Together

If this experience resonated with you and you're feeling called to go deeper—whether in your healing, your creative voice, or your soul's next chapter—I'd love to stay connected

- Join me for new writing journeys, workshops, and creative rituals
- Explore personal coaching therapy or consulting
- Watch my **#WellnessWednesday** videos on YouTube
- Or check out *D.I.Y. Wellness*, a weekly live stream and podcast about taking personal growth into our own hands

You've begun something brave. Let's walk the next part of the path together

With care, courage, and creative fire,
Brian Hogan

Offerings From Brian





Turn A New Page

Stories Can Be Liberating | Rewrite Yours

Book Brian to Speak

Therapy or Coaching

Creative Consulting

