Writing as Healing Prompt

Theme: Giving and Receiving

For some of us, it's harder to take help or gifts from others than to offer them ourselves. Consider this quotation from Alexander McCall Smith, British law professor and author of the No. 1 Ladies' Detective Agency series:

"Gracious acceptance is an art — an art which most never bother to cultivate. We think that we have to learn how to give, but we forget about accepting things, which can be much harder than giving.... Accepting another person's gift is allowing him to express his feelings for you."

Writing Exercise: What is the best thing, material or non-material, that anyone ever gave you? How did you feel about it at the time? How do you feel about it now?

Registration requested for first time attendees.

Register online at **events.christianacare.org/writingashealing**, or call the Junior Board Cancer Resource Library staff at **302-623-4580**.

Prompt created by Joan DelFattore, Ph.D., facilitator of the Writing as Healing Workshop offered on the 2nd Monday of each month from 1 – 3 p.m. at the Helen F. Graham Cancer Center & Research Institute. It is free and open to adults who want to explore expressive writing techniques.

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