

# Tina's

## T H E R A P E U T I C W R I T I N G P R O C E S S



Dear Beautiful Souls,

My name is Tina and I love to write about **ALL. THE. THINGS.** After being diagnosed with premenstrual dysphoric disorder, (PMDD) at 33, I was **ANGRY.** So many years of symptoms had passed and by the time I figured out my problem, I was an emotional train wreck. Spontaneous crying and deep depression in the Chick-Fila drive thru type of emotional trainwreck. No one cries when they're getting waffle fries??

### **Weirdo.**

I was angry at the system, angry at my mother and most of all, angry at myself for not recognizing the patterns. After diagnosis, however, I was determined to get better, and determined to help myself when I felt like no one else could.

Rivers, lakes and oceans of emotions consumed me, because there was no place for it to go. Drowning in thoughts and lost at sea, I literally couldn't keep swimming in the shitshow that was my life.

### **Enough was enough.**

I'd felt enough already. The depression, anxiety and suicidal ideation had to go, they were no longer welcomed here. When I opened my laptop and started letting the words flow, the trapped emotions swimming through my nervous system got served an eviction notice.

### **Time to go.**

Depression was something like my best friend's broke brother that slept on the couch and never cooked or cleaned.

### **Can't live here.**

Anxiety was like the in laws that hang out for too long and offer parenting advice when you live with the person they raised.

### **Ok, bye now! Travel safely!**

Suicidal ideation was quite literally trying to kill me. Murder vibes?! Seriously, this isn't Law & Order Special Victims Unit.

### **GTFO before I call Olivia Benson.**

My writing process was something like spring cleaning a few days after ovulation. Everything must be said and everything must go.

### **Time to find a container to put all this bullshit in.**

Rubbermaid plastic totes don't come in XXXXXXXXL and neighbors start looking at you weird when you carry that much baggage out and load up the trunk. A keyboard and the internet will have to do.

XOXO,

*Tina A. Williams*





# Method 2

O B J E C T I V E  
O B S E R V E R

The objective observer method is the process of observing an experience from an outside perspective.

For example, I could say "Tina seems angry today. She's been working non-stop and deserves a break. I hope she takes one soon before we all explode from chronic exposure to her aura. Let me see if there is someone else that can help so she can take a nap. Maybe I could remind her that some of these deadlines can be pushed."

Self-talk, on the other hand, may be something more like "I don't feel good, but I have all this stuff on my plate. Why do I have so much stuff and no help? My partner really sucks. My life sucks."

Observing from an outside perspective is a powerful tool, because imagine if our self-talk was directed at someone else?

Something like "Tina, you don't feel good but you have all this stuff on your plate. Why do you have all this stuff on your plate and no help? Your partner really sucks. Your life really sucks."

Mean girl vibes.



## Workshop Activity

What are three things from your past that are a bit too hurtful to write about?

*Personal Example - All the times I yelled at my daughter when I had symptoms.*

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## Workshop Activity

When you write about the experience from the "objective observer" perspective how can you reframe it?

*Personal Example - All the times Tina yelled at her daughter is part of what prompted her to get the help she deserved. Tina's a great mother, but she wasn't perfect, especially while suffering from a debilitating condition.*

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# Method 3

## CREATE NEW WORDS

The definition of a word is: "a speech sound or series of speech sounds that symbolizes and communicates a meaning usually without being divisible into smaller units capable of independent use"

Language is weird. It's made up of words that were created by people over the course of human evolution. Words are quite literally mouth noises that people have assigned an alphabet to. Migration patterns and culture are deeply intertwined into the words we use everyday.

Sometimes, we have to create new words to articulate an idea that isn't easily captured in language. Perhaps the experience is foreign to the general population, like in the case of PMDD.

In this exercise we can add two words together to form a new word, or create something new altogether. The goal is expression of an idea in the form of language.

**FUN FACT:** Words are added to the dictionary after they're commonly used in the population. The collective decides which new words are accepted and added to the dictionary over time through common usage.



### Workshop Activity

What new words can you make to describe your experiences?

*Example: Dysphoricrhinitis*

**Noun**

*Severe allergy to negative energy*

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"The syntactical nature of reality - the real secret of magic - is that the world is made of words. And if you know the words that the world is made of, you can make of it whatever you wish."

— Terence McKenna

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W R I T T E N   W O R K

## Substack

*Menstrual Moods & Mushrooms*

<https://tinawill.substack.com/>

## Books

*The Woman in the Basement:  
How to Live Your Best Life 75%  
of the Time*

PRINT: <https://amzn.to/41ZCLdb>

*Channel Twelve: Premenstrual  
Dysphoria, Psychedelics &  
Altered States*

PRINT: <https://amzn.to/3VxKoW0>

AUDIOBOOK: <https://www.youtube.com/watch?v=ifW2OSLanmY>

## Website

<https://www.womaninthebasement.com/>

