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BENEFITS OF MEMOIR WRITING

Our reasons for writing memoirs are as unique as we are. The following benefits have been documented by researchers throughout the world.

- a. Writing about your experiences will sharpen those memories and deepen their meanings.
- b. You can better appreciate the broad landscape of your life.
- c. You can develop a sense of personal power by exploring ways you coped with difficult times in the past and identify how you can use these skills today.
- d. As old memories are written down, you may become aware of new memories.
- e. It is great fun and helps to keep you sharp and involved.
- f. Oral stories are always at risk of being lost through the generations; written stories remain.
- g. You can convey why these experiences are important and relevant to friends & family.
- h. Reviewing our past can re-spark the flames of interest and pleasure in current activities.
- i. By joining a group, you develop new friendships.
- j. Memoirs provide a family legacy of knowing who you are and who they are.
- k. Your writings may encourage others in your family to write their stories.
- l. Your stories will teach positive values from a bygone era.
- m. You may be the only one who can document the experiences of your parents and, possibly, their parents.
- n. Memoirs honor people from your past.
- o. Memoirs demonstrate respect and appreciation for future generations who will know they were valued enough to give them a sense of history.
- p. You are unique and the only one who can truly represent your life and story the way you want.