

## **Abstract**

The aim of this thesis is to explore the aspect of creative writing as a form of mental tension treatment. Thesis covers basic elements of working with mental tension such as motivation for writing, creative process and its results.

Respondents, which are close friends of mine, are regulary writing stories in a time of discomfort. All of them are women between twenty one and twenty six years old and also college students. At first they were told to write a story in a time of unhappinnes. After that a meeting was scheduled where the said story was discussed and acquired data were furtherly processed by quantitative research method.

A basic outline of knowledge about motivation for writing and added value of creative writing was obtained from this thesis.