

EMOTIONAL RELEASE

1. <What am I carrying emotionally that I haven't allowed myself to say out loud?>

2. <If I could write an uncensored letter about this situation that I would never send, what would I say?>

3. <What am I angry, hurt, disappointed, or sad about beneath the emotion I show other people?>

4. <What do I wish someone had understood about my experience?>

5. <What can I accept about this situation even if I don't like what happened?>

