

PROCESSING DIFFICULT EMOTIONS: A GENTLE GUIDE

ANGRY & ADMITTING



1. What am I angry about that I haven't fully admitted?

SAD & SHOULD-BE-OVER-IT

2. What am I sad about, even if I think I should be "over it"?



AFRAID OF NEXT



3. What am I afraid might happen next?

CARRYING DISAPPOINTMENT

4. What disappointment am I still carrying?



HARDEST TO EXPRESS



5. What emotion do I find hardest to express, and why?

NOTICE WITHOUT JUDGMENT

6. If I stopped judging this feeling as good or bad, what would I notice about it?

