

WRITE TURN

THE WORK

STREAM OF CONSCIOUSNESS

Write without stopping.

When you allow your thoughts to flow without judgment, you get to the truth. Allow the anger, confusion, and everything else to show up on the page. Then you will get to the heart of what's really going on.

WRITE BY HAND

USE INTUITION

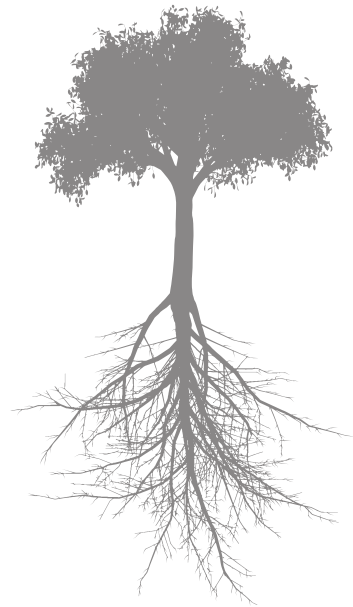
When you look back and reflect on your writing, what is the gut instinct you have about what is written?

Trust it.

ALL WAR BELONGS ON PAPER

Byron Katie reminds us that we must write out what hurts, only then can we see the truth. Especially when we are at war with each other.

BE BRAVE



TOOLBOX

Take breaks

ONE QUESTION AT A TIME.

be gentle.

CONNECT TO YOUR BODY.

Staying in your body helps to keep you out of fight or flight.

YOUR BREATH

If emotions get overwhelming, practice focusing on the rise and fall of your chest.

THE **ROOT** OF YOUR FEELINGS

When tough emotions surface in our bodies, our mind will try to attach a story to discover meaning in hopes the feeling will go away with understanding where it's coming from.

Unfortunately, this is a trap. Emotions are processed within our bodies and we need help understanding the true root of where they are coming from to get to the heart of how to relieve ourselves from their tight grip.

These questions should be used when you are having trouble clearing an emotion and it keeps plaguing you day after day. Emotions are here to teach us something and help us find out what we need to do with their guidance. These questions help you start the conversation.

Once you finish the questions wait a day or two and then read back over your answers with as little judgment as you can.

TIP: The most useful conversations I've had with tough emotions are when they are happening. Use these questions when the emotion is right at the surface or as soon as you are able to write and process what is happening. Use your breath when they surface. Resistance to feeling them will cause war in your body and nothing heals with war.

QUESTIONS

1. What is the emotion you are most struggling with right now? When have you felt this same emotion before in your past? Go back as far as you can remember.
2. What are you most _____ about right now? (fill in the blank with your emotion and free write all the things that come to mind).
3. Where do you experience this emotion in your body? What does it feel like? Look like? Does it have a sound? Get as many details on the page as you can.
4. How are you with other people when this emotion comes up? What happens?
5. Ask the emotion, what do you need? (Ask your heart).
6. What is the emotion trying to teach you?