

# WRITE TURN

THE WORK

## FREWRITE

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

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## WRITE BY HAND

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## USE INTUITION

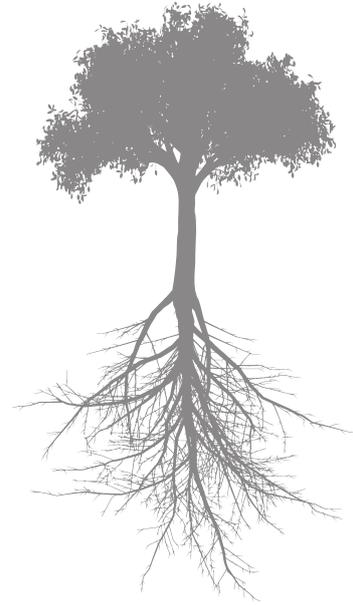
When you look back and reflect on your writing, what is the gut instinct you have about what you've written? Follow it.

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## ALL WAR BELONGS ON PAPER

Byron Katie reminds us that we must write out what hurts, only then can we see the truth.

## BE BRAVE



## TOOLBOX

TAKE BREAKS

**ONE QUESTION AT A TIME  
CAN BE JUST ENOUGH.**

be gentle.

**CONNECT TO YOUR BODY.**

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

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## YOUR BREATH

If emotions get overwhelming, practice tuning into the rise and fall of your chest.

# THE ROOT OF YOUR FEELINGS

When tough emotions surface in our bodies, your mind will try to attach a story to them to help you figure out what's happening 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 there 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..*

Have a conversation with the emotion you are most struggling with. How does your emotion respond when you ask:

How old do I feel when experiencing you? (you, as in "your emotion")

What are you most \_\_\_\_\_ about right now? (fill in the blank with your emotion and free write all the things that come to mind).

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.

How are you with other people when this emotion comes up?

Ask the emotion, what do you need me to do? (ask your heart).

What is this emotion trying to teach you?