

# PROCESSING – RELEASING – SURRENDERING -- 10 Point Process Writing Exercise

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In the context of what we learn from the books [Loving What Is](#), [Letting Go](#) and [The Untethered Soul at Work](#) and striving to live in a state of [Spiritual Surrender](#) this worksheet can serve as a template for processing, releasing and surrendering to the moment before you and the experiences the Lord sees fit to “gift” you. With the powerful, transformative principles shared in these resources and given the therapeutic value of handwriting or “journal therapy,” this tool can help you more thoroughly process the specific struggles and negative thoughts and emotions you are experiencing.

This exercise is for those that are really serious about trying to live more mindfully and in harmony or alignment with the spiritual path of transcending the self (letting the personal self go). You’ll find that by setting the intention of “letting go” the very act of writing out each of these statements will help your brain process through things and help you let go of what’s keeping you in distress.

For each moment or experience you are having that elicits resistance and suffering, write out the 10 statements below (using full “I... sentences) for each distressing thought or feeling you are having. Next, read your full list of 10+ statements out loud to yourself. As you do so you’ll notice where you still have resistance to *what is*. You can use this process over and over to clean out the inner garbage that is limiting you.

10 Process Statements	Write Out the Full Statement - Adding Your Specific Experience
1. I hate.../ I'm angry.../ I'm frustrated... (or any other negative emotion)	<ul style="list-style-type: none"> <li>• <i>I hate that I can't fall asleep.</i></li> <li>• <i>I'm angry that I can't fall asleep.</i></li> <li>• <i>I'm frustrated that I can't fall asleep.</i></li> </ul>
2. I accept... It's okay... I'm open to...	<ul style="list-style-type: none"> <li>• <i>I accept that I can't fall asleep.</i></li> <li>• <i>It's okay that I can't fall asleep.</i></li> <li>• <i>I'm open to the fact that I can't fall asleep.</i></li> </ul>
3. I forgive...	<ul style="list-style-type: none"> <li>• <i>I forgive myself for not being able to fall asleep.</i></li> <li>• <i>I forgive God for not helping me fall asleep.</i></li> </ul>
4. I'm willing to experience... I'm willing to feel... I'm willing to harmonize with the moment/experience I'm having of... I'm willing to submit to all things the Lord sees fit to give me (See Mosiah 3:19).	<ul style="list-style-type: none"> <li>• <i>I'm willing to experience not being able to sleep.</i></li> <li>• <i>I'm willing to feel angry about not being able to sleep.</i></li> <li>• <i>I'm willing to harmonize with the moment/experience I'm having of not being able to sleep.</i></li> <li>• <i>I'm willing to submit to all things the Lord sees fit to give me.</i></li> </ul>
5. I trust in God's divine purposes and timing regarding...	<ul style="list-style-type: none"> <li>• <i>I trust in God's divine purposes and timing regarding me not being able to sleep.</i></li> </ul>
6. I'm honored to be experiencing _____ because I'm not comparing it to what I think I should be experiencing.	<ul style="list-style-type: none"> <li>• <i>I'm honored to be experiencing not being able to sleep because I'm not comparing it to what I think I should be experiencing.</i></li> </ul>
7. I can respect and even celebrate _____ because I believe in the synchronicity of the universe and the divinity of the Lord's timing and purposes knowing this moment is given to me by God.	<ul style="list-style-type: none"> <li>• <i>I can respect and even celebrate this experience of not being able to sleep because I believe in the synchronicity of the universe and the divinity of the Lord's timing and purposes knowing this moment is given to me by God.</i></li> </ul>
8. I let go of my resistance to... I embrace my resistance to... I embrace this experience of...	<ul style="list-style-type: none"> <li>• <i>I let go of my resistance to not being able to sleep.</i></li> <li>• <i>I embrace my resistance to not being able to sleep.</i></li> <li>• <i>I embrace this experience of not being able to sleep.</i></li> </ul>
9. I'm grateful for the opportunity to learn and grow from this experience and work on the resistance I'm having to...	<ul style="list-style-type: none"> <li>• <i>I'm grateful for the opportunity to learn and grow from this experience and work on the resistance I'm having to not being able to sleep.</i></li> </ul>
10. I surrender to the experience of _____ and turn this over to the Lord. I know He can do more with me than I can.	<ul style="list-style-type: none"> <li>• <i>I surrender to the experience of not being able to sleep and turn this over to the Lord. I know He can do more with me than I can.</i></li> </ul>

Below is a blank template for you to use to process write your first frustration. You can also just use this as a template to follow and write out your 2<sup>nd</sup> column statements in a simple notebook.

10 Process Statements	Write Out the Full Statement - Adding Your Specific Experience
1. I hate.../ I'm angry.../ I'm frustrated... (or any other negative emotion)	
2. I accept... It's okay... I'm open to...	
3. I forgive...	
4. I'm willing to experience... I'm willing to feel... I'm willing to harmonize with the moment I'm having of... I'm willing to submit to all things the Lord sees fit to give me (See Mosiah 3:19).	
5. I trust in God's divine purposes and timing regarding...	
6. I'm honored to be experiencing _____ because I'm not comparing it to what I think I should be experiencing.	
7. I can respect and even celebrate _____ because I believe in the synchronicity of the universe and the divinity of the Lord's timing and purposes knowing this moment is given to me by God.	
8. I let go of my resistance to... I embrace my resistance to... I embrace this experience of...	
9. I'm grateful for the opportunity to learn and grow from this experience and work on the resistance I'm having to...	
10. I surrender to the experience of _____ and turn this over to the Lord. I know He can do more with me than I can.	

Even though you may not fully believe each of these statements quite yet, try to allow them to sift through you until you find yourself in a place of greater peace.

## SUPPORTING RESOURCES

Continue to review the following resources to help reprogram your heart and mind in the ongoing process of releasing, letting go of resistance, and surrendering to the moment. It may be necessary to listen to even a few minutes of one of these (audio) books every day to get your mind around the process of letting go of resistance and surrendering to whatever you are experiencing. The following are the resources you may find most helpful to read or listen to over and over as often as you can:

1. [Loving What Is](#) (book/audio book) by Byron Katie and the [Key Concepts](#) handout
2. [The Untethered Soul at Work](#) (audio seminar) by Michael A. Singer and [Highlights](#) handout
3. [Letting Go](#) (book/audio book) by David R. Hawkins
4. [7 Steps of Spiritual Surrender](#) handout