

PROCESS WRITING

Anger/Frustration/Resentment Processing

To process stuffed, negative emotions create a list of at least 50 items that begin with something like the following:

- *I am angry that...*
- *I hate that...*
- *I am frustrated that...*
- *I resent...*

You can either do just the negative processing column or if you are able to do the next step of accepting your current reality then complete the second column as well. You can use this as a worksheet and write directly into the table below or just use this as a template and write on paper or in a notebook instead. The purpose is simply to give voice to feelings you may rarely express, so that they can begin to dissolve. (You can shred or destroy your lists after writing them.) As you process your negative emotions and choose to *accept what is* you will begin to see the dynamics in your relationship change.

[illegible]