Writing About Your Emotion

One of the best ways to understand and bring closure to an intense or blocked emotion it to write about it. Begin by identifying the emotion and naming it. Amplify and focus on the emotion. Then begin to write down your stream of consciousness thoughts. From time to time, make sure that you are still focusing on your feeling. Continue writing until your thoughts around the feeling are exhausted.

exhau	sted.
Part	1: Describe Your Emotion
	Name the emotion:
2.	Where is the emotion in your body? Draw here> //
3.	How intense is the emotion? (Circle a number below)
Weak	1 2 3 4 5 6 7 8 9 10 Strong
4.	What color is the emotion?
5.	Describe the emotion. Use adjectives. (Is it fiery, slimy? Does it seem like a rock or chains?)
Dart (2: Write About Your Emotion As You Focus on Your Emotion
1.	Concentrate on your emotion. Amplify it. Let it consume your consciousness.
2.	As you continue focusing on your emotion, write down your stream of consciousness thoughts.

Part 6	3: Comparing the Change in Your Emotion
1.	Name the emotion: Where is the emotion in your body? Draw here>
2.	Where is the emotion in your body? Draw here> / /
3.	How intense is the emotion? (Circle a number below) $\bigcup_{\square} \bigcup$
Weak	1 2 2 4 5 6 7 8 0 10 Strong
wcar.	1 2 3 4 5 6 7 8 9 10 Strong What color is the emotion?
5.	Describe the emotion. Use adjectives.
6.	How does your new description compare with your old one? What changed?