

Writing Format to help Take the “Weight” Off

Begin to make a list of things, people, events, situations, whatever that which is weighing you down.

In whatever order is easiest for you, one at a time, sort it out in the following way:

Section 1: Reserved for only the Facts of the situation: objective truth, factual actual evidence that could be validated if it had been witnessed (seen/heard) by another person (like “evidence in a court of law”), or if you had an audio or video recorder. No hearsay, nothing subjective, no opinions, etc...

Section 2: Reserved for your thoughts about the section 1 - Your opinions, expectations, judgements, inferences, interpretations, assumptions, etc...

Section 3: Reserved for identifying, acknowledging, and feeling the following feelings about section 1 and/or 2 (Hint: acknowledge them all):

- Sadness – Feeling hurt
- Anger – Feeling that someone or something is the cause of the hurt.
- Guilt – Feeling that you are the cause of hurting someone or something, or yourself.
- Fear – Feeling there will be future hurt.

Again: it doesn't matter if the feeling is in reaction to section 1 or section 2. There shouldn't be a lot of writing in this section and if there is then it probably belongs in section 2. You may wish to move/dance, vocalize/sing, draw/color, write a poem to express/feel your feelings in section 3.

Section 4: Notice if there are any physical sensations in your body when the situation is brought to mind: like tingling in the toes, butterflies in the stomach, pounding in the head, squeezing in the chest, pain in the neck or back, dryness in the mouth. You might use art, movement, vocalization, or poetry to express these physical sensations as well.

Section 5: Write what actions/interactions you have done so far in reaction to the situation. Write how effective they have been.

Section 6: Now that you have created some space around the parts of the situation...recognize that you could never be defined or limited by events, thoughts, emotions, physical sensations, actions, or interactions. So, what is left is YOU: your being, yourself. Ask yourself what is just even one tiny new thought, attitude, action or interaction that would help you to respond to this situation in a more effective way.

Trust the Process & know there are many people doing this with you.