Feeling emotionally overwhelmed worksheet:

Set a timer for 5 to 10 minutes (whatever time feels right to you). Write a letter to yourself about all your pain. Let it all out. You might need two or three of these papers.

Dear ,

Love,

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Now, read over what you wrote and write a letter back to yourself. Reflect back to yourself, for example: *You are so hurt by what she said. It really hit your sore spot. You're so angry you could smash the walls.*

Then emphasize: *I feel for you.*

There are no real rules. Write to yourself as if you are responding to a letter from a good friend. Let it just flow and write whatever feels right. When you are done read it over.

Dear ,

Love,

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