Dear ________________,

The situation that I am most upset about is ____________________________________________________________

What happened? Who is involved? When/Where did it happen? What was said?
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

The feelings that I feel about this situation are ____________________________________________________________

Name the feeling words. Circle the main feeling word.

Specifically, the physical sensations that I feel when I feel these feelings are ________________________________________________

Describe these sensations in various parts of your body. Or describe your physical posture when you feel these feelings.

On a scale of 1 to 10 the intensity of these feelings are about a __________________________

When I feel these feelings I would describe the images that I have as like ________________________________________________________
______________________________________________________________________
______________________________________________________________________

If I could give a color to these feelings it would be ________________________________________________

When I feel these feelings my inner conversation goes something like ________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

The behaviors that I tend to act out when I feel these feelings are ________________________________________________
______________________________________________________________________
______________________________________________________________________

The words that want to come out of my mouth when I feel these feelings are ________________________________________________
______________________________________________________________________
______________________________________________________________________

A previous time when I have felt similar feelings was the time when ________________________________________________

Could be a time that goes back to childhood or anytime in-between. Could be a time in your relationship together.

My biggest fears in sharing my feelings are ________________________________________________________________
______________________________________________________________________
______________________________________________________________________

Thank you for taking the time to listen to me.

Cort Curtis, Ph.D.  *  (877) DR-CURTIS  *  www.achangeinthinking.com