# My List of Sorrows

Take a moment to list all of your sorrows without thinking too much. Just keep writing "I'm sorry that…" and then fill in the blank with whatever comes into your awareness. As you write the list, interchange the word "sorry" with such words as "regret", "ashamed", "sad" or "guilt". It doesn't matter how big or small the sorrow is, whether it is recent or from early childhood or whether it seems reasonable or not just keep your pen writing until you can exhaust your list…