

A Simple Way To Release Emotion (Angry, Afraid, Sad, Ashamed, Love, Happy)

Sometimes our energy gets all clogged up and we can't think clearly. When we can identify and release our emotions in a healthy way, we have more energy and information to help us make clearer decisions about ourselves and our relationships.

Do this exercise anytime.

a. On your own: Type or write out your response to each question and follow the directions below.

b. With someone else: If there is someone you trust who could ask you these questions, it is a wonderful way to feel listened to and heard.

1. What are you angry about?

- a) Answer what you are angry about.
- b) If you are doing this exercise on your own, say "Thank you" to yourself. If you are doing this exercise with someone else, have them say "Thank you" for sharing your feelings.
- c) Ask "What else are you angry about?"
- d) When you cannot think of anything else that makes you feel angry ask "If you could be angry about one more thing what would it be?"

Repeat the above instructions with each of the following questions.

2. What are you afraid about?"

3. What are you sad about?"

4. What are you ashamed about?"

5. What do you love?"

6. What makes you feel happy?

Adapted from the Mad Sad Glad TA Exercise
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