

## Evaluating and Letting Go of Negative Emotions

**The Context:**

**The Feeling:**

I have been holding these feelings for (how long) \_\_\_\_\_

Holding on to these feelings have *cost* me \_\_\_\_\_

What these feelings have done *to* me is \_\_\_\_\_

My *payoff* in keeping these feelings has been \_\_\_\_\_

The *possible difference* it could make in my life if I could let these feelings go is \_\_\_\_\_

The *fears* I have in letting go of these feelings are \_\_\_\_\_

Is it *possible* that I could let go of these feelings? \_\_\_\_\_

Am I *willing* to let go of these feelings? \_\_\_\_\_

*When?* \_\_\_\_\_

In *this moment* are they gone? \_\_\_\_\_

If I had the power to replace those feelings with something new I would *like* to feel

And I would like to *tell myself* such things as \_\_\_\_\_

*Could* I let those feelings in? \_\_\_\_\_

Am I *willing* to let those feelings in? \_\_\_\_\_

In *this moment* are those feelings present? \_\_\_\_\_

The *behaviors* or *actions* that I tend to want to show when I feel these new 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 \_\_\_\_\_

Thank you for your loving presence for me to let go.