

Processing Feelings

Write a letter to your partner and include the following:

A. Anger, blame, hurt, and sadness.
B. Fear and insecurity.
C. Remorse and regret.
D. Forgiveness and appreciation.

See Feelings Wheel Below:

	Out of control sleepy Steepy Control c	Apathetic Apathetic Pressured Rushed Rushed Rushelmed	Helpless Frightened Overwhelmed Morried Inadequate	2/30/30/	
Astonish Awe Eager Energetic Aroused	esed Confised	Bored		pet Hendo	sed Etraved Resentful Resepected Ridiculed Indignant
Cheeky Free Joyful Curious Inquisitive Successful	Playful Content Interested Proud	Surprised By Happy	Angry	Humilio Bitter Mad Aggressive Frustrated	Violated Furious Jealous Provoked Hostile Infuriated
Confident Respected Valued Courageous Creative		1		Distant Critical Dissaproving Disfarroung Disfarroung Disfarroung Distant Critical Disfarroung Distant Critical Disfarroung Distant Critical Disfarroung Disfarrou	Annoyed Withdrawn Numb Sceptical Dismissive
Lovins		7/11		Og Mally RelogIEG	TSSEN TO THE TOTAL PROPERTY OF THE TOTAL PRO