

Are You Upset?

It's perfectly natural to get upset with people and circumstances in your life. Upset becomes problematic when it affects your ability to live your life. This freebee is designed to help you move past the feeling of upset into a place that is more peaceful and solution oriented.

First, a few questions for you:

1. Who or what has upset you?
2. In your mind, what should have happened instead?
3. How does this situation make you feel?

Well done. OK, now...the powerful strategy to help you feel better...



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Free Form Writing

Purpose: To clear your consciousness of anything that is not serving you (stress, anger, judgments, frustration, confusion, etc).

Materials needed: Pen and paper (and a candle, if you so choose)

Duration: Minimum 10 minutes, maximum 2 hours

Frequency: As often as you feel the need

How it works:

1. Choose a place and time where you are certain you will not be interrupted.
2. Light a candle (optional), close your eyes and center yourself in your SELF.
3. At the top of the paper, write an intention for the session. This be something like, “I intend to clear the anger that is bubbling up inside of me.”
4. Begin writing:
 - Write anything that comes forward.
 - Allow it to flow without judgment; thoughts do not have to be cohesive.
 - Feel free to write any way that presents itself, for instance: with no punctuation, incomplete thoughts, completely off topic, scribbles, profanity, emotion, dialogues, through pictures, huge writing, tiny writing...anything goes.
5. After a time, you will notice your energy shifting from negativity to something else (you'll know when this happens). When you feel complete, bring the activity to conclusion.
6. **Do not read what you've written.**
7. **Immediately either walk it to a shredder or burn it. You want the energy to have flowed through you, out of you, and into destruction.** (Note: only burn your writing if you can do it 100% safely).

