

Out of the MATRIX

We would like to thank you for your desire to participate in the ***Out of the Matrix*** weekend intensive. We trust that, like all of those who have preceded you, you will find the ***Out of the Matrix*** weekend to be truly transformational and that you will have some tools to continue to bring more peace, love and joy into your life as a result of your participation.

The information in this package is very important for your participation in the weekend. Check the Participant's Package Contents list to be sure you have everything. If you are missing any of the items, please let us know.

Please go over everything very carefully and follow the instructions exactly when completing the forms. As instructed, you must complete and sign these forms and mail them back to the ***Out of the Matrix*** office at least two weeks before the weekend. Any information you share with us will be held in the strictest of confidence and will be seen only by the ***Out of the Matrix*** facilitators.

Be sure to include your payment, check made out to "***Out of the Matrix,***" or you can make your payment online at www.OutOfTheMATRIX.org.

We are looking forward to the time we will spend together.

Love, Light and Laughter,
Out of the Matrix Staff

Participant's Package Contents List

1. Participants Package Contents List – 1 page, keep
2. Personal Information Sheets – 6 pages, complete, sign, copy and return originals
3. Information and Agreement Sheets – 2 pages, sign, copy and return originals
4. Worksheet Guide – 2 pages, keep
5. Worksheets – 3, complete, copy and return originals (you MUST complete all 3 worksheets; no exceptions!)

MAKE A COPY OF ALL THE INFORMATION YOU RETURN FOR YOUR FILES.

Out of the Matrix ~ 2653 S. Taylor Rd. ~ Cleveland Hts, OH 44118 ~ Phone: 440-503-9319
info@OutOfTheMATRIX.org ~ www.OutOfTheMATRIX.org

Out of the *MATRIX*

PERSONAL INFORMATION SHEET

Congratulations! Completing this form will register you in a *Out of the Matrix* Weekend.

We have designed this weekend to be an exploration into the beliefs that are running your life and not producing a life of love and peace to the extent you desire. We will do so by exploring the concept of the world as a Matrix that works to keep you from your birthright, "Happiness."

PLEASE PRINT NEATLY AND LEGIBLY

<ul style="list-style-type: none"> ➤ Please <u>complete</u> this form and return it at least <u>two weeks in advance</u>. ➤ All information will be held in the strictest of confidence. ➤ As a condition to your participation in the program, the completeness and accuracy of your answers are very important. ➤ Use an <u>ink pen</u> to fill out the form. ➤ <u>Print</u> neatly and legibly. ➤ Answer <u>every</u> question. If a question is <u>not</u> applicable, fill it in with NA. ➤ Sign your name in the appropriate places. 					
NAME (last, first, middle):					
I LIKE TO BE CALLED:					
ADDRESS:					
CITY:				STATE:	ZIP:
AGE:	BIRTHDAY (MO/DAY/YEAR)	SEX: MALE FEMALE	HOME PHONE:	WORK PHONE:	
E-MAIL:				CELL PHONE:	
CURRENT MARITAL STATUS: <div style="display: flex; justify-content: space-around; font-size: small;"> SINGLE MARRIED WIDOWED SEPARATED DIVORCED DOMESTIC PARTNERSHIP </div>					
OCCUPATION/PROFESSION:					
JOB TITLE OR POSITION:					

OTHER WEEKEND INTENSIVES I HAVE COMPLETED:
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HOW FAMILIAR ARE YOU WITH THE MOVIE <i>THE MATRIX</i> ? (<i>We highly recommend watching it at least once before the weekend</i>)

WHO REFERRED YOU TO OUT OF THE MATRIX?
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For office use only:

NOTICE OF IMPORTANT INFORMATION

The **Out of the Matrix** weekend (the "Program") is not therapeutic in design, intent, or methodology and is not a substitute for medical treatment, psychotherapy, or any health program. It is an educational program. Issues, which are best dealt with by physicians, psychotherapists, or other health professionals, will not be addressed.

Contrary to everything we have stated, some people may participate in the Program as a way of dealing with issues that are properly addressed by health professionals. We advise you specifically that the Program Facilitators are extensively trained educators in **Out of the Matrix** and are not health professionals. We further advise you that no health professionals will be in attendance at the Program.

At all times during the Program you are responsible for your health and well-being. If you have any questions about your ability to participate in the Program, please contact the **Out of the Matrix** office. If you have not been feeling well or you have been meaning to see a physician or a mental health professional for some complaint, symptom, or concern, we ask you to consult with your physician or mental health professional and resolve this prior to your Program. We will provide whatever information about the Program you or your physician or mental health professional require for you to make an informed decision.

There will be 10 to 30-minute breaks at frequent intervals—approximately every 2-1/2 to 3 hours—but we do not promise that we will always break at precisely that interval. You are, of course, free to leave the Program at any time. Unfortunately, any information you miss may not be repeated, and you cannot expect the same result from your participation if you are not present for all sessions.

The meal arrangement varies by location.

People who have a medical condition requiring them to eat or care for some special need more frequently than the regularly scheduled breaks, or need special seating or must stand and stretch frequently, should notify the **Out of the Matrix** office at least two weeks prior to the start of the Program so that appropriate arrangements can be made for you.

In the Program, you will inquire into fundamental issues that have been of interest and concern to us as human beings. In the course of such an inquiry, it is normal, from time to time, for some people to experience emotions such as enthusiasm, excitement, compassion, sympathy, empathy, fear, anger, sadness, or regret. Some participants may find the Program physically, mentally, and emotionally taxing even though we will NOT be doing what is referred to as "anger work" ([*] yelling, screaming, punching pillows). If you are unwilling to encounter any of the above experiences in yourself or in others, or have any concern about your ability to deal with such experiences, we recommend that you contact **Out of the Matrix** for consultation on this matter.

Stress is recognized by most people as a normal part of everyday living. Since different people find different events stressful, you should assess your own participation in the Program. Health professionals have found that numerous kinds of physical ailments may reduce a person's tolerance to even "normal" levels of stress. It has been advised by medical professionals that persons who have suffered physical, mental, or emotional problems may be more susceptible to stress than others.

If you have a history of mental illness or serious emotional problems, we recommend that you consult with a mental health professional about your ability to handle stress. If you have any questions or concerns about your ability to handle stress, we recommend that you contact **Out of the Matrix** for consultation on this matter.

Signing below indicates that you have read and understand the statements above.

** Although "anger work" serves a very useful purpose in many workshop and intensive formats, within the framework of **Out of the Matrix**, it is only necessary to recognize and get in touch with your anger/feelings.*

Participants Signature: _____ Date: ___/___/___

Parent/Guardian Signature: _____ Date: ___/___/___

MEDICAL HISTORY

1. Have you been hospitalized for psychiatric care or a mental disorder, or has such hospitalization been recommended to you by a physician, psychiatrist, or mental health professional, within the last six months?	YES NO
If yes, what was the MOST RECENT YEAR that you were hospitalized for psychiatric care or a mental disorder or that such hospitalization was recommended to you by a physician, psychiatrist, or mental health professional?	Most recent year: _____
2. Are you currently in therapy?	YES NO
NOTICE: If you are currently in therapy, you must advise your therapist that you are going to be in the Program and you must get your therapist's assurance that he/she sees no health reason why it would be inadvisable for you to take part in the Program. It is our intention here simply to serve your best interests by not adding any input your therapist does not know about.	YES – go to #2a NO – Go to #3
(a) Have you advised your therapist that you are registered in the Program?	YES – go to #2b NO – go to #2c
(b) I asked my therapist if he/she sees any health reason that would make it inadvisable for me to participate in the Program. My therapist's answer was (circle one):	YES – there is a health reason that makes it inadvisable for me to participate. NO – there is no health reason not to participate.
(c) I have not yet advised my therapist about being in the Program, and I will by: (Please call Out of the Matrix as soon as you have your therapist's answer.)	Date: _____
3. Have you ever been in psychiatric or psychological therapy and then discontinued therapy against the advice of your therapist before it was complete?	YES NO
If yes, what was the MOST RECENT YEAR that you were in psychiatric or psychological therapy and then discontinued that therapy against the advice of your therapist before it was complete?	Most recent year: _____
4. Within the past six months, have you taken (or has a health professional advised you to take) any prescription medications or drugs which: a) affect your mental processes or mood; or b) treat a "chemical imbalance"?	YES NO
5. If you answered "yes" to questions 1 or 2(b), we recommend that you NOT participate in the program at this time. Please contact Out of the Matrix immediately regarding your participation.	
Please advise <i>Out of the Matrix</i> if, between the time you send in this form and the time your Program begins, you experience any alteration in your health that would have your answers to questions 1 or 2(b) change from "NO" to "YES."	
Signing below indicates that you have answered all of the questions honestly, read, understand and agree to the statements above.	

Participants Signature: _____ Date: ___/___/___

Parent/Guardian Signature: _____ Date: ___/___/___

NOTICE

During the **Out of the Matrix** weekend we will examine our ways of thinking much as we might in a philosophy course. Language, relationships and communication patterns are examined from that frame of reference and not from the point of view of psychopathology or mental dysfunction. No one seeking psychotherapy should expect to find it in a **Out of the Matrix** weekend.

The **Out of the Matrix** weekend is designed for people who are mentally, physically and reasonably healthy. It is not intended as therapy or treatment for any disorder. Participants are responsible for determining whether they are physically, mentally or emotionally prepared for the experience.

You were asked to describe any past or present mental health problems and hospitalization, treatment or medication for mental or emotional problems. Anyone who has questions about their ability to handle stress is recommended to contact **Out of the Matrix** for consultation on this matter. Everyone is required to inform **Out of the Matrix** of any changes in their mental and emotional condition.

Signing below indicates that you have answered all of the questions honestly, read, understand and agree to the statements above.

CONFIDENTIALITY

We request that everyone in the **Out of the Matrix** weekend extend the courtesy of honoring the confidentiality of their fellow participants. While we cannot guarantee another's confidentiality, we do ask that everyone respect the privacy of the other participants' remarks. You are free to share your own experience with others. However, when sharing anything else about the program, we request that you respect and maintain the confidentiality of others. (From time to time, we will tape-record the entire course or a portion of it for the purpose of training our program leaders. These tapes are not used for any other purpose and are kept confidential.)

PROPRIETARY MATERIAL

The **Out of the Matrix** weekend is the property of **Out of the Matrix LLC** and contains proprietary material. We ask that you respect their status and use them only for your own benefit as directed by the facilitator and any signed agreements.

ARBITRATION AGREEMENT

I agree that any controversy or claim arising out of my registration and/or my participation in the Program or any of its associated activities, including the interpretation, execution, application, and enforcement of this Arbitration Agreement, will be determined by submission to arbitration in accordance with the rules of the American Arbitration Association in the City of Cleveland, and not by lawsuit or resort to court process, except as applicable law provides for judicial review, confirmation and enforcement of arbitration proceedings. This Agreement includes arbitration of claims that there have been any wrongful acts or omissions, intentional or otherwise, **Out of the Matrix**, its officers, managers, employees, agents, and/or volunteers. The decision of the arbitrators may be entered in any court having competent jurisdiction of such matters. BY SIGNING THIS I AM AGREEING TO HAVE ANY ISSUE OR CLAIM ARISING OUT OF MY PARTICIPATION IN THE **OUT OF THE MATRIX** WEEKEND DECIDED BY NEUTRAL ARBITRATION AND I AM FREELY GIVING UP MY RIGHT TO A JURY OR COURT TRIAL.

INFORMED CONSENT

1. I represent and warrant that all of my responses are accurate and true.
2. I have read and understand all of the above Notice of Important Information as well as the Confidentiality Agreement, Arbitration Agreement, and Proprietary Materials Agreement.
3. I have been informed that in order for me to receive the results of the Program, my participation must be an expression of my own free choice.
4. I represent that I am participating in the Program voluntarily and not as a result of coercion, pressure, a condition of employment, or to satisfy anyone other than myself.
5. I am aware and understand that some persons may perceive the Program as physically, mentally, or emotionally stressful. I agree that **Out of the Matrix** is responsible only for the orderly presentation of the Program and that I am responsible for my own participation in the Program and my own physical, mental, and emotional well-being.

6. I represent that I have not registered in the Program to therapeutically handle a physical, mental, or emotional problem and I am clear that no portion of the Program is delivered or supervised by health professionals. I know of no episodes in my past history that suggest to me that I have a mental or emotional disorder or a recurring and unresolved mental or emotional problem which would indicate that I may not be able to handle the types of activities described to me as part of the Program.
7. I promise to inform the Program Supervisor if, at any time during the Program, I experience any physical sensation or mental or emotional discomfort which I consider to be out of the ordinary.
8. I willingly and knowingly assume for myself, and my heirs, family members, executors, administrators, and assigns, all risk of physical injury and mental and emotional upset which may occur during or after the Program, and I hereby agree to hold **Out of the Matrix**, its officers, managers, employees, agents, and/or volunteers, harmless from any and all liability arising out of my participation in the Program.

I AGREE TO ABIDE BY THE ABOVE CONFIDENTIALITY AGREEMENT, ARBITRATION AGREEMENT, PROPRIETARY MATERIALS AGREEMENT AND INFORMED CONSENT.

Please Remember:

- Complete this form and return it in the enclosed envelope within one week of receipt.
- All information will be held in the strictest of confidence.
- As a condition to your participation in the program, the completeness and accuracy of your answers are very important.

Did You Remember To:

- Use an ink pen to fill out the form?
- Print neatly and legibly?
- Answer every question? If a question was not applicable, did you fill it in with NA?
- Sign your name in the appropriate places?
- Make a copy of these documents for your records? (You will need to bring copies of your worksheets with you to the Program.)

PARTICIPANT'S SIGNATURE: _____ DATE: ___/___/___

PARENT/GUARDIAN'S SIGNATURE: _____ DATE: ___/___/___

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Information and Agreement Sheet IMPORTANT INFORMATION YOU NEED TO KNOW

We have learned, in our experience of conducting hundreds of workshops for thousands of people, that the program works most effectively for everyone as a collaboration between participants and the program facilitator. So that you can get the most out of your participation, we are providing this summary, which is intended to give you an overview of some of the forms and structures of the *Out of the Matrix* weekend. When you participate you will be responsible for understanding and accepting the requests made below so please read it through carefully. If you have any questions, please feel free to contact us.

Information Form

Please read and sign this INFORMATION and AGREEMENT SHEET. Please fill out the PERSONAL INFORMATION SHEET in this packet completely. Sign them in the appropriate places and return them both to us at the address below within seven days of receipt.

Tuition

Full tuition is due by three weeks prior to the event along with three completed worksheets and this information packet. Make checks payable to "*Out of the Matrix*".

Location

Information about the location of the *Out of the Matrix* weekend is enclosed in this packet, along with driving and parking information.

Schedule of Sessions

- Friday from 6:30 to 9:30 PM (arrive at 6 PM)
- Saturday from 10 AM to 9 PM (arrive at 9:30 AM)
- Sunday from 1 to 8:30 PM (arrive at 12:45 PM)

Please plan to arrive at the facility on Friday at 6:00 P. M. to stow your belongings, pick up your name tag, find your seat, and to complete any last-minute paperwork. The final evening session is generally held on Sunday, from 6:00 P.M. to 8:00 P.M. at which time you may invite guests. We recommend you attend and participate fully in all the *Out of the Matrix* sessions to get the most value.

Breaks

Approximately every two-and-one-half to three hours you will have 10 to 30-minute breaks, but we do not promise that we will always break at precisely that interval. If you have a medical condition which will require you to leave the room more frequently than the regularly announced breaks, we recommend that you call us to arrange for whatever you may need. Of course you are free to leave the course at any time. Unfortunately, any information you miss while gone may not be repeated. Obviously you cannot expect the same result from your participation that you can if you are present during all sessions.

Information about lunch & dinner are specific to location and will be emailed to you. Specific areas of the facility where your course is held will be designated for eating. Out of consideration for others, please eat only in those areas.

Dress

Please dress comfortably and suitably for a public facility (casual). You may wish to bring a sweater or light jacket.

Seating

If you have a hearing or vision impairment or for any reason require special seating, please let us know before your course begins so we may make arrangements for you. You may wish to bring your own chair if you are unable to sit in the facility's chairs.

Name Tags

So that people can address each other by name, everyone in *Out of the Matrix* weekend is given a name tag. We ask that participants wear their name tags in a visible place during the sessions, and turn them in at the end of each day.

Speaking

Out of the Matrix is conducted as an inquiry into beliefs as an influence on our lives, their origin and their transfiguration through experience. The methodology is one of creating a new conversation, comprised of new distinctions for familiar terms, within the context of transformation. It is designed to include give-and-take and lively discussion among the participants and the program facilitator. No one is required to speak publicly, but we ask that those who do wish to speak raise their hands so the program facilitator can call on them. If you cannot hear someone who is speaking, we request you let the program facilitator know.

Prerequisites

Activities in the *Out of the Matrix* Sessions

To respect the participation of others in the *Out of the Matrix* weekend sessions (times other than breaks), and to ensure that you receive the full value available to you, we ask that you not use a tape recorder, camera, or cellular phone, read, or do any other work during your course sessions.

Health and Medical Matters

Please contact us if you have any questions or special needs regarding your health and well-being while participating in *Out of the Matrix* weekend. We do not want you to suspend any medications that your physician has told you that you must take; however, we have found that drugs, including alcohol, and over the counter medications can interfere with fully participating in and receiving all the value available to you.

At all times during the *Out of the Matrix* weekend you are responsible for your health and well-being. We ask that you resolve any questions about your ability to participate in the *Out of the Matrix* weekend with your physician prior to the start of your weekend. We will provide whatever information about the *Out of the Matrix* weekend you or your physician require for you to make an informed decision.

Confidentiality

We request that everyone in the *Out of the Matrix* weekend extend the courtesy of honoring the confidentiality of their fellow participants. While we cannot guarantee another's confidentiality, we do ask that everyone respect the privacy of both the names of the other participants and their remarks. You are free to share your own experience with others. However, when sharing anything else about the program, we request that you respect and maintain the confidentiality of others. (From time to time, we will tape-record the entire course or a portion of it for the purpose of training our program leaders. These tapes are not used for any other purpose and are kept confidential.)

Proprietary Material

The *Out of the Matrix* weekend is the property of *Out of the Matrix* and contains proprietary material. We ask that you respect their status and use them only for your own benefit as directed by the facilitator and any signed agreements.

Registration and Transfer Policy

- A \$20 minimum deposit is required to register. Your registration must apply to a specific *Out of the Matrix* weekend date.
- Your full tuition is due 25 days prior to that date, or at the time of transfer. Returned checks will be charged a \$35 fee.
- All payments made are fully non-refundable.
- After registering, you may request that your registration be transferred to another date, and/or to another person. A \$35 fee will apply with each transfer. There will be no transfer fee if the move is to an EARLIER date.
- Requests for a transfer need to be made at least 14 days prior to the start date of the program in which you initially register, and will be granted subject to availability. Transfers can be made to any *Out of the Matrix* weekend that is within 4 months from the date of the program in which you initially register.
- Transfer to another person is contingent on their meeting the approval of the home office.

If you have any questions, or if we can be of assistance in any way, please do not hesitate to contact us. Thank you.

SIGN AND RETURN THIS FORM NO LESS THAN 21 DAYS PRIOR TO WEEKEND

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Out of the MATRIX

Worksheet Guide

When we start understanding how to get ***Out of the Matrix***, we have a tendency to want to do too many worksheets on too many people from our list, and to work immediately with the major issues of the past. However, one of ***Out of the Matrix*** best characteristics lies in the fact that we do not have to dig up the past to heal it. Whoever is upsetting you *right now* is the person who represents ALL the people who have ever upset you for the same reason in the past. So work with that person first, even if you're thinking that it's no big deal. If it's upsetting you, it *is* a big deal. It could easily lead you to what really matters.

You might want to start with the smaller issues; ones that are fairly simple and without a great deal of emotional charge. Small problems grow into big ones if they are not dealt with, so you will be doing important work even with seemingly trivial situations. Besides that, it is much easier to learn how to create the necessary shifts in perception

You have three i worksheets. Complete all three, each with a different Subject. You are not limited to three grievances; you may have more or many to work on but let's begin with just three. Once you have worked with the worksheet and experience it potency, it will become a tool you will use when you catch yourself slipping into victim consciousness. Each worksheet is for a specific person with whom you are holding a grievance or a situation with which you have a grievance. There are four questions you need to answer a thoroughly and honestly as possible. Here is some information that will assist you completing the worksheet.

BASIC INFORMATION

Fill in your name and date. The Subject ("V") is whomever or whatever you are upset about. If it's a situation or object, give it a name and relate to it as you would a person. In certain circumstances it may be yourself you have a grievance with, but there is a big trap to be aware of, especially when you first start doing this work. The trap is that because guilt is at the root of all pain, we are much too inclined to beat ourselves up at every opportunity. For that reason you may want to wait to put yourself on the list at this point. Remember, all forgiveness is self-forgiveness in the end, but it is sometimes best achieved by forgiving and extending love outwards to others. It is universal law that it is always returned and you discover yourself as having been forgiven regardless of where you start.

1. The situation with "V" as I see it is:

This section asks you to tell the story about your upset. Define the situation. Do not hold back. Describe how it feels for you right now. Do not edit or overlay it with any spiritual or psychological interpretation. You must honor where you are now, even if you know that you are in The Matrix. Knowing that you are experiencing The Matrix, and that you need to experience it, represents the first step toward escaping from it.

Even if we have raised our level of responsibility considerably and spend a fair bit of our lives ***Out of the Matrix***, we can easily be knocked off balance and find ourselves back in The Matrix seeing ourselves as victims and all that goes with that. Being human requires that experience because that's what human beings do. We cannot always be joyful and peaceful and see the perfection in absolutely every situation. At least not until we have thoroughly applied the ***Out of the Matrix*** principles to every grievance we have or are going to have. It's then that we get ***Out of the Matrix***.

2. (Confronting “V”) If I were to tell “V” why I’m upset, I would say

(Some of this may sound like #1.):

Be as confrontive as possible with “V”, and lay out exactly what you blame him/her/it for. Let the words you choose represent the totality of your upset. Remember, if the object or situation has no name, give it one, or at least write about it as if it were a person. If the person is dead, speak to him or her as if he or she were there in front of you. If you want you can write it in the form of a letter. This technique allows you to address the person directly. However, keep to one issue. Do not discuss other things in the letter, or on this worksheet. Reaching your objective — Getting ***Out of the Matrix*** — requires you to get clarity on precisely what you feel so upset about now.

Be sure to write about him/her/it/yourself in the third person context. In other words, tell your story as if you were telling someone what happened or is happening. Use names, places and events in your story.

3. If I were to tell “V” why I’m upset, I would say (Some of this may sound like #1.):

It is vitally important that you allow yourself to feel your feelings. Do not censor them or stuff them. Remember, we came into the physical realm to experience emotion — the essence of being human. All emotions are good, except when we suppress them. Stuffing emotion creates potentially harmful energy blocks in our bodies. Whatever you are feeling, let it fly.

Make sure the emotions you identify represent real emotions that you actually feel, not just thoughts about how you feel. Are you mad, glad, sad, or angry, afraid, deeply hurt, abandoned, betrayed, and alone? If you cannot be specific, that is okay. Some people find themselves unable to differentiate one feeling from another. If that holds true for you, just notice what general emotional quality you can feel around the situation. The important thing is don’t hold back.

4. The important thing is to be honest with yourself. This is your worksheet. It’s for your benefit. The only way to get maximum benefit out of the worksheet is to be honest, open willing and in full participation as you complete the worksheet. Just as the only way to get maximum benefit from the ***Out of the Matrix*** weekend is to be honest, open willing and in full participation at all times in the sessions.

5. Complete three (3) Worksheets

6. Make a copy of the Worksheets for yourself and send originals back to *Out of the Matrix*.

7. Bring your copies of your Worksheets with you to the weekend.

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Out of the MATRIX Worksheet

Name: _____ Date: _____ Worksheet #: _____

Name of Individual/Situation "V" (Whom/Whatever you are holding a grievance with.):

1. The situation with "V" as I see it is (describe in detail):

_____ (use the other side of the paper if you need more space.)

2. If I were to tell "V" why I'm upset, I would say (write as if you were speaking *directly* to "V"):

_____ (use the other side of the paper if you need more space.)

3. Because of what "V" did/is doing, I feel (Identify and list your *emotions* as clearly as possible; e.g., anger, sad, etc.):

_____ (use the other side of the paper if you need more space.)

Name: _____ Date: _____ Worksheet #: _____

Name of Individual/Situation "V" (Whom/Whatever you are holding a grievance with.):

1. The situation with "V" as I see it is (describe in detail):

_____ (use the other side of the paper if you need more space.)

2. If I were to tell "V" why I'm upset, I would say (write as if you were speaking *directly* to "V"):

_____ (use the other side of the paper if you need more space.)

3. Because of what "V" did/is doing, I feel (Identify and list your *emotions* as clearly as possible; e.g., anger, sad, etc.):

_____ (use the other side of the paper if you need more space.)