

FREE YOUR MIND ~ FEEL YOUR POWER ~ FIND YOUR HAPPINESS

Out of the Matrix Worksheet

Name:	Date:	Worksheet #:
Name of Individual/Situation "	V":	
	homever/Whatever you are holding a grieva	ance with.)
1. The situation with "V" as I	see it is (describe in detail):	
		· · · · · · · · · · · · · · · · · · ·
	(use the other s	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 we	ere speaking <i>directly</i> to "V"):
		· · · · · · · · · · · · · · · · · · ·
	(use the other s	ide of the paper if you need more space.)
Because of what "V" did/is anger, sad, etc.):	doing, I feel (Identify and list your er	motions as clearly as possible; e.g.,
	(use the other	side of the paper if you need more space.)