Out of the MATRIX Worksheet

Name: _____ Date: _____ Worksheet #: _____

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.)