

STRUGGLING VS OPENING UP WORKSHEET

How are you feeling?

Name your unpleasant feeling (angry, sad, worried)

You have two ways to feel it:

KEEP STRUGGLING WITH IT	ACCEPT IT & LET IT OUT
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If you think you can struggle with it, list the benefits

- 1.
- 2.
- 3.
- 4.
- 5.

How long you think you can struggle with it

If you think you can open up your mind to these feelings, list the benefits

- 1.
- 2.
- 3.
- 4.
- 5.

GO FOR THE ONE THAT YOU BELIEVE HAS MORE BENEFITS FOR YOU