The Total Truth Process

This is an exercise to help children and youth to know what it is that they are feeling, so that these feelings can be addressed.
You can complete this thinking about what you are feeling about a particular person or event, or just in general.
Complete each sentence without thinking about it too much.
Follow the guidelines in the order given. If you find you are repeating yourself it is okay and when you are finished you are finished.

I am angry that ________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

I am sad/hurt that _______________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

I am scared that ________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

I am sorry that __________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

I want _________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

I appreciate ____________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

I forgive _______________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

I love _________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________