



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 _____

