WORKSHEET 7.2

Optional Writing Pages

An everyday hard interaction, not a traumatic event. About fifteen minutes. Private: nobody else needs to read it.

> **Stop rule.** If writing leaves you more stirred up each time, or the same event keeps pulling you back, stop and talk it through with someone you trust, or with a professional. See the note at the start of Part 2.

WRITING SESSION 1

What happened, and what did you feel?

Why did that unfold the way it did?

One if-then plan

WORKSHEET 7.2

Optional Writing Pages (continued)

> **Stop rule.** If writing leaves you more stirred up each time, or the same event keeps pulling you back, stop and talk it through with someone you trust, or with a professional. See the note at the start of Part 2.

WRITING SESSION 2

What happened, and what did you feel?

Why did that unfold the way it did?

One if-then plan

WORKSHEET 7.2

Optional Writing Pages (continued)

> **Stop rule.** If writing leaves you more stirred up each time, or the same event keeps pulling you back, stop and talk it through with someone you trust, or with a professional. See the note at the start of Part 2.

WRITING SESSION 3

What happened, and what did you feel?

Why did that unfold the way it did?

One if-then plan