It's OK to Feel Anger

Answer the questions on the following pages spontaneously, emotionally, "from the gut." Don't worry about grammar, style or correctness.

After writing the answers to these questions, do not reread them. Turn the page and keep writing.

What do you resent about being in a loss situation?

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What do you resent about the person or thing you lost?

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I'm furious about _____

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I hate it when _____

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I want to yell or scream _____

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I'm disgusted by _____

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I'm fed up with _____

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I can't stand _____

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