

# Living the Guided Life Worksheet

Individual/Situation : \_\_\_\_\_  
(Whom/Whatever you are upset with.)

1. The situation with \_\_\_\_\_ as I see it is (describe in detail):

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(Use another sheet of the paper if you need more space.)

2. If I were to tell \_\_\_\_\_ why I'm upset, I would say (write as if you were speaking *directly* to the person/situation):

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(use another sheet of the paper if you need more space.)

3. Because of what \_\_\_\_\_ did/is doing, I feel (Identify and list your *emotions* as clearly as possible; e.g., anger, sad, etc.):

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(use another sheet of the paper if you need more space.)

