

CREATE PROMOTE ALLOW

CONTEXT:

This exercise provides a format which allows each person the permission to express all the emotions present in any circumstance and relationship. The exercise dramatically reinforces the concept that there's some level at which we created, promoted, or allowed all of our experiences and feelings.

OVERVIEW:

The theory behind this exercise is that the truth is never a little piece. The theory of the total truth process is that we all have emotions, and when they come, they come in layers.

The reason it is called the "total" truth, is because often when we are upset we do not communicate all our true feelings. We get stuck at the level of anger or the hurt, and rarely move to emotional "completion." Consequently it is often difficult, for us to feel close or at ease with the person following the confrontation. To get to the deepest and most honest level of intimacy and emotional closure, we need to go through all these stages.

Here is a brief description of the layers of emotion:

1. Anger and Resentment

I'm angry that ...	I'm fed up with ...
I hate it when ...	I resent ...
I don't like it when ...	I can't stand ...

2. Hurt

It hurt me when ...	I feel awful about ...
I feel hurt that ...	I felt sad when...
I feel sad when ...	I feel disappointed about ...

3. Fear: fear of others and fear of self

I was afraid that ...	I'm afraid that ...
I feel scared when ...	I get afraid of you when...

4. Remorse, Regret, Accountability

I'm sorry that ...	I'm sorry for ...
Please forgive me for ...	I didn't mean to ...

5. Wants

All I ever want(ed) ...	I want(ed) ...
I want you to ...	I deserve ...