

RESENTMENTS, AMENDMENTS, APPRECIATIONS

PURPOSE: To serve as a tool to facilitate open, honest, and direct communication within your family system.

HOW TO: Use the following format when writing your feelings. It is important to keep with this structure exactly because it keeps your communication clear, specific, and focused. You can write in the present or past tense. Write 5-10 sentences for each category.

1) RESENTMENTS: (What you are angry, disappointed about)

When you _____, I feel/felt _____, _____, _____.

Example: "When you put me down in front of my friends, I felt angry, hurt, and humiliated."

2) AMENDMENTS: (What you are sorry for doing)

When I _____, I feel/felt _____, _____, _____.

Example: "When I ignore you and walk away, I feel selfish, immature, and sad."

3) APPRECIATIONS: (What you appreciate about the person you are writing about)

When you _____, I feel/felt _____, _____, _____.

Example: "When you tell me that you love me, I feel warm, loved, and cared for."

4) LOVES: (List 10 things you love about the person you are writing about)

I love your _____.

5) NEEDS: (List 10 things you need from the person you are writing about)

I need _____.