

## ✓ ACTION: Finish your unresolved conversations

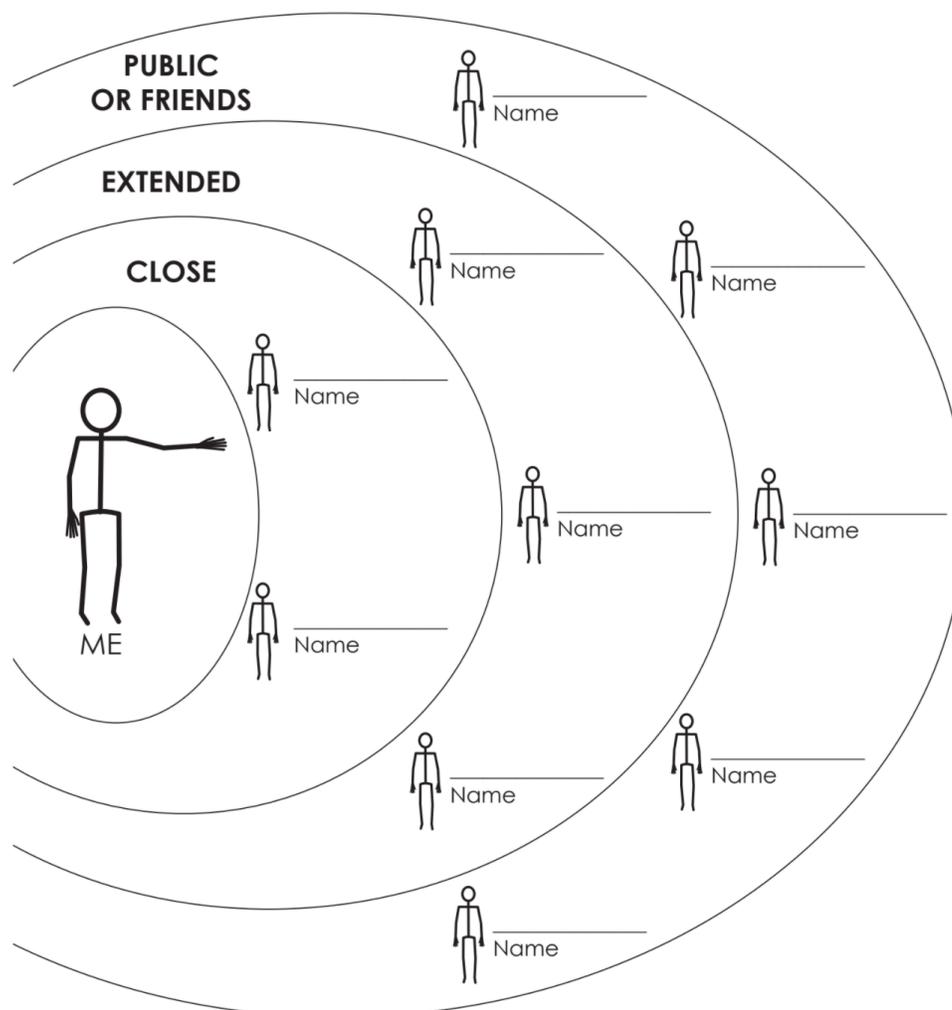
**Outcome: Release your anchors & trapped emotions. Heal damaged relationships.**

You have relationships—with your family, friends, co-workers, and so on. In these relationships, you have conversations and share your ideas and feelings. Sometimes, the conversations end without you being able to express or complete your part of the conversation, either your contributions or your side of the story.

These unfinished conversations can linger with you and replay in your mind as incomplete. The human mind thrives upon completion, and leaving something unsaid or undone often weighs you down like an anchor and allows negative emotions to fester.

It's important for you to review your relationships, determine if there are emotionally charged conversations you have not yet finished, and complete them. Often you can't (or **shouldn't**) finish them in a person to person encounter.

However, you can emotionally finish a conversation by using your imagination and writing it out or speaking it out loud to yourself. Doing so helps you release the emotions you have been holding on to and may help heal your relationship with the other person.



## Instructions

**This exercise does NOT ask you to hold a person-to-person conversation. Rather, you IMAGINE another person is present and finish a conversation with them on paper and by speaking aloud to yourself. Do this activity when you are alone and able to speak without anyone hearing you.**

*(You may use this worksheet or a separate document to complete this exercise)*

1. How many incomplete or unresolved conversations do you think you have from your past? List up to 10 that you are still emotionally charged about.

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2. Choose 1 unfinished conversation that has strong emotions still attached to it. Write down what you remember about it, what happened, and how you felt.

3. Using your imagination, invite the person you need to talk to into the room with you. Ask their permission to finish the conversation and imagine them giving that permission.
4. Write everything you wanted to say to them at the time of the experience. Tell your side of the story and what you weren't able or allowed to say. Express every thought and feeling you still have about the experience. Don't hold back. Once written, speak this out loud.

5. When you've finished your side of the conversation, **forgive them**
6. Then **ask them to forgive you** for holding the emotions you had against them. This step may be difficult, but your conversation will NOT be complete without it.
7. Think about how this experience made you feel. What do you notice?

8. Now say one last thing: "I've said and expressed everything I need to—I can now move on." You know the conversation is complete when you can feel the truth of those words.
9. Celebrate releasing emotions and finishing the conversation. It IS an accomplishment.
10. Check off the conversation you have now finished, and review the other conversations you listed on step 1. Repeat this process until you finish all unfinished conversations.

As you do this, you will probably start remembering other unfinished conversations. This is good! Just keep repeating this process. The more conversations you finish, the more you free up space in your mind and heart to improve your current relationships.

If you're overwhelmed by the number of unfinished conversations you're remembering, focus on those with strong negative emotions still attached to them. These are the most important conversations to finish.

## Common Mistakes

- **Being fake** - not being real or authentic to yourself.
- **Holding back** - hiding from or withholding your emotions. Releasing your negative emotions will allow you to have room for positive ones. If you don't change negative energy between you and other people, things in your life cannot change for the better.
- **Not forgiving** - you do need to forgive them. You may be surprised how much this exercise can help you do that, if you express yourself authentically.
- **Not asking for forgiveness** - you do need to ask for their forgiveness (and in so doing acknowledge the negative emotions you held toward them).