

Take five sheets of blank paper and begin each sheet with one of the following sentences:

Sheet 1 - 'I am angry that/about...'

Sheet 2 - 'I am Sad that/about...'

Sheet 3 - 'I am Sorry that/about...'

Sheet 4 - 'I am Scared that/about...'

Sheet 5 - 'I am Glad that/about...'

Repeat and complete the sentence in as many ways as possible on each piece of paper. The exercise should take a minimum of 15 minutes and a maximum of 1 hour. You can also share your writing in the next session.

Rules:

The sentence order must not be changed and the exercise should not be stopped midway through. This exercise should ideally be done daily for 1 week.