

Chapter 5 – Discover Hidden Emotions and Feelings

In order to assist you in processing your emotions with Spirit to Spirit communication, I would like to share some open-ended sentences with you. These will help you to discover possible hidden feelings and emotions. Finish each sentence that applies to you, in as many different ways as you can imagine. For example, using this sentence, “Riley, when you lied to me, I felt _____,” I might say the following:

“Riley, when you lied to me, I felt stupid. I forgive you for making me feel stupid, and release this and let it go now.”

“Riley, when you lied to me, I felt like you took me for granted. I forgive you for making me feel taken for granted, and I release this and let it go now.”

“Riley, when you lied to me, I felt like I didn’t matter. I forgive you for making me feel like I don’t matter, and I release this and let it go now.”

Following are some examples of sentence you might use. This is by no means a complete list, just a few examples to get your creative juices flowing.

Example: _____ (person’s name), when you _____ (name the offense), I felt like _____ (finish each sentence in as many different ways you can think of).

- _____, when you _____, you took away my _____, _____, _____, _____, and _____.
- _____, when you _____, you left me feeling _____, _____, _____, _____, and _____.
- _____, when you _____, it caused me to _____, _____, _____, _____, and _____.
- _____, when you _____, you robbed me of my _____, _____, _____, _____, and _____.
- _____, when you _____, you ruined my life by _____, _____, _____, _____, and _____.
- _____, when you _____, you _____, _____, _____, _____, and _____.
- _____, when you _____, I felt _____, _____, _____, _____, and _____.
- _____, when you _____, it made me _____, _____, _____, _____, and _____.

