



WORDS FROM THE HEART

worksheet #12 page 1-4

this is a problem i am
experiencing right now,
with another person:

[Don't think about it too
much! Just write it
down as it is for you,
now. No censoring!]



WORDS FROM THE HEART

worksheet #12 page 2-4

this is probably their
point of view all this:

[Just write whatever you
think **THEY** are thinking
and feeling in this, their
perspective.]



WORDS FROM THE HEART

worksheet #12 page 3-4

this is the part of me
that feels powerless in
all this:

And this is what I would
like to say to that part:

[Write a letter to that
part in you that feels
powerless to speak
without losing connection
and tell it that
everything is ok, you will
find the words and
he/she/it can go and do
something fun.]



WORDS FROM THE HEART

worksheet #12 page 4-4

this is what i want to say
to the person i am/was
having the problem with,
coming from my heart
(note: this does not mean
they will like it! Just
speak without your child,
adolescent or young adult
there, instead be the
adult that speaks from
the heart. If your child,
adolescent or young
adult freaks out with
for instance anger or
despair, take time to heal
them.).