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Reveal Your Internal Emotions

This helps you move on from anything significant and gain insight into where you are 'at' emotionally.

- Set aside some quiet time to write a letter that no one will read, but will help you to reveal what you are thinking about and how you feel.
- Write at the top of the first page the question you want an answer to, such as "How do really I feel about (name/person)?" or "How do I feel about my job"
- Write down all the things you wish you could say or if they are not here anymore, you won't have contact, what you wish you did say – just get it all out.
- Include all the memories – positive and negative – you can remember.
- Try not to think too much about what you are writing – just let it flow from within. Write without judgment – just put down whatever comes to your mind – it will be analysed later.
- When you have finished, leave it for a few hours before reading it, or better still sleep on it.
- As you read over what you have written, highlight or underline anything that strikes you as interesting, unusual or significant.
- These are the messages and the wisdom your heart is bringing through to you. Think about what these messages are, and what wisdom your heart is revealing to you.
- When the time is right, ask yourself what you would like to do with the letter? Put it in somewhere safe, burn it, bury it or even send it. Your choice!



