

Healing Statement Sentence Stems

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Anger, blame & frustration:

It makes me angry when I think about...

I am mad that you...

I blame you for...

I am so frustrated because...

I am furious that....

I blame...

I am aggravated at....

Hurt, sadness & "grief":

It makes me sad to think about...

I am sad because...

It hurts me to...

You hurt me by...

It grieves me to realize...

It hurts my feelings that...

I ache with sadness when...

Fear and insecurity:

I am most afraid that...

I am fearful when I think about...

It makes me feel insecure to...

I am terrified that...

I am anxious that...

Regret, guilt and responsibility:

I regret that I...

I am sorry that...

I felt guilty about...

I take responsibility for...

I am filled with regret when I think about...

Positive wants and intentions:

When all is said and done, what I want most is...

My greatest wish about this situation is...

I hope that....

I want..

The best that could happen now is...

Love, understanding, acceptance, lessons learned:

Although all of this has occurred, I can...

I can now accept...

The positive lessons I have learned from this is...

Although _____, I can still appreciate that I have made it through.