

Rage on the Page

Step by step directions for changing the way you think

Step 1

Take a notebook or a piece of paper and write EVERYTHING you are feeling.

Don't censor your words or who you direct them to. You just get it all out, writing for as long as you need to write. This is a safe place for you to purge your thoughts and feelings since no one has to see this but you (you can even throw it away when you are finished!)

Step 2

Writing out all of your thoughts and feelings helps you empty yourself out.

The thing about being in the victim mindset is we tend to cling to the negative stuff and we stew on it over and over which only allows us to fall deeper into the victim mindset.

Step 3

It's time to add in some positive stuff by writing all that you are grateful for.

This can be a list or stream of consciousness or even written in paragraph form. If you have trouble starting this because you are just so angry, you can start with the basics: you are alive, you are breathing, you have clothes on your body, you have food to eat, etc. Nothing is too small to mention.

Step 4

Writing about what you are grateful for helps direct your focus away from feeling like a victim.

It's hard to feel unfortunate and unlucky when you see all the good you have in your life.

Step 5

And finally, list out some action steps you can take moving forward.

What can you do about your unfortunate circumstances to change the lemons into lemonade (or at least add the lemons to your drinking water!)?