

Wickes Emotional Grammar - Free Worksheet

Think of a thought that bothers you. Write down how you feel about the whole sentence

- Note your feeling as a single word or phrase - Angry, Frustrated, can't move etc. It needs to be a feeling - don't get caught up in the story.
- Gauge this feeling out of 10...10 is the highest level of feeling. 0 is no feeling.
- Only work on thoughts which elicit a feeling. If you feel nothing this is probably not suitable for this process.

Write down the thought as a sentence. Each word in a box of it's own.

- Don't be holy if you need to swear then swear.
- Don't shorten - I'm = I am, so that's 2 words.

Say the sentence and notice which word(s) has stress or energy.

I	hate	my	job
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Step 1 Noticing the Emotional Grammar

Say the Sentence Slowly (make sure there is a deliberate gap between each word). As you do notice whatever you feel, see in your mind and or hear in your mind for the word you are saying. write down what you felt in the box under that word.

I	hate	my	job
	anger		feeling in my chest
	Anger is a word. You need to write down what your feel in your body.		
	Buzzing in my forehead		

Now say the sentence but replace the words with the feelings.

- Note feeling changes in the box under the feeling you were feeling
- Notice the development of the Feelings, and write them down and again replace them with the words in the sentence.
- Say the sentence slowly
 - replace the word with the feeling "I - buzzing in my forehead - my - feeling - in - my - chest" etc

I	hate	my	job
	Buzzing in my forehead		feeling in my chest
	Swirling feeling in my head		

Step 2. Develop the Emotional Grammar.

As you say the sentence allow the feelings to change.

Note anything which doesn't change has a deeper sentence which is sitting underneath and needs to be worked on as an individual sentence.

Step 3. Retest your original sentence.

When all the feelings have died down then look say the original sentence. If you still have a bad feeling then go through the process again.

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www.emotionalgrammar.com

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