

The Argument You Keep Rehearsing

Get the argument you keep replaying out of your head and onto paper.

WHEN TO USE THIS

Use this when the same fight keeps running in your mind at night.

Write it out. All of it, the way you rehearse it at two in the morning.

How much of your day does this take up?

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Hardly ever

Most of the day

Put the two versions next to each other.

WHAT I SAY IN MY HEAD

WHAT I WOULD SAY OUT LOUD

What are you hoping happens at the end of it? What would they finally say?

It is worth knowing whether that is ever coming.

Rehearsing it keeps the wound open. Writing it down is one way to start closing it.