

Sleep Frustration Venting Sheet

(for Sleep Buddy of the Sleep to Healthy Podcast Course on How to Cure your Insomnia)

- Purpose:** To express negative emotions about your sleep so you can move on.
- Premise:** Unnamed negative emotions and thoughts can hold us back since our mind wants to voice what is wrong and have it heard.
Writing often reveals helpful thoughts that lay hidden when thinking about or talking about an issue.
- To Do:** Express your negative emotions and thoughts as clearly as possible. The purpose is to give to voice to the hidden.
Use the negative emotion word list at the end.
Write until you feel that you have done enough.
- It is not:** It is not meant to magnify your negativity. If you feel yourself getting more negative or angry, try a different approach (either try a different approach to writing (see “Tips” or try a different method (see “Other Methods”).
- Tips:** Try writing from the 3rd person – like someone in the room observing you (I see that you are feeling very frustrated....).
If helpful, consider verbalizing your negative thoughts to someone you can trust. If you do, ask them not to commiserate or pity you. Ask them to empathize (show they care and want to understand) but to offer advice and perspective, but not until you are ready to hear it.
Venting is not a solution, it is a step to clear your way to solutions.
- Grand Finale:** As much as possible, name the your responsibly in creating the negative situation or emotion, no matter how small your role might be. How might your Sleep Buddy respond to your negative thoughts and emotions? How might they explain their perspective and why they cause so much grief?
At the end, write out what actions you are willing to take, no matter how small or trivial, to improve the situation. If you had a wise friend, what would they advise you? Write it out.
Write out what you are willing to let go of, things that are beyond your control.
- Other Methods:** You may also choose to express your negative energy through another medium: Art, music or other creative endeavors,
Act the thoughts and emotions out by punching a pillow.

Feeling words (taken from Retrouvaille.org)

Find words that accurately describe how you are feeling and put them into a sentence.

Angry	Depressed	Confused	Helpless
aggressive	ashamed	bewildered	burned out
agitated	blue	disillusioned	defeated
annoyed	defeated	disoriented	distressed
antagonistic	desperate	distrustful	fatigued
bitter	disappointed	doubtful	frustrated
cross	discouraged	dumbfounded	hesitant
displeased	dissatisfied	embarrassed	hopeless
enraged	exhausted	hesitant	inadequate
exasperated	gloomy	lost	incapable
furious	guilty	mistaken	inferior
hostile	helpless	perplexed	insecure
incensed	hopeless	pessimistic	paralyzed
indignant	miserable	skeptical	rushed
irritated	powerless	tense	unimportant
mad	regretful	uncertain	useless
resentful	unhappy	unsure	vulnerable
upset	vulnerable	upset	weak

Indifferent	Afraid	Hurt	Sad
aloof	alarmed	alienated	anguished
apathetic	anxious	appalled	desperate
bored	cautious	bothered	disappointed
detached	disturbed	bruised	discouraged
disinterested	doubtful	crushed	disheartened
distant	edgy	dejected	dismayed
lifeless	fearful	deprived	dispirited
listless	frantic	distressed	downcast
lukewarm	frightened	disturbed	grieved
neutral	hesitant	heartbroken	heartsick
preoccupied	nervous	humiliated	hopeless
reserved	panicky	insulted	let down
uncaring	restless	offended	mournful
unconcerned	scared	rejected	pessimistic
unresponsive	suspicious	tormented	regretful
weary	worried	tortured	unfortunate
		wounded	unhappy