**Heal and Restore Counseling**

**A faith-filled approach to healing marriages, broken relationships and shattered souls**

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***EMPTY THE JUG***

Take two chairs and place them facing each other. Sit in the chairs facing each other knee to knee.

One of you will start asking the questions one at a time. When you have asked all the questions, you switch.

The one asking the questions does not give any feedback or make any comments. You only ask the question and listen.

You start by saying - *What are you angry about?* If they say nothing, ask it again. It might 3-4 times before they come up with something. Keep asking the question until they say, *"that's it.*" Then ask. *"Is there anything else?"* If the say no, move onto the next question and repeat the pattern.

* What are you angry about?
* Wat are you sad about?
* What are you fearful about?
* What are you happy/grateful about?

Suggestion: Do this once a week. It is a great way to clear the air.