



GENOTYPE
CHANGE
THERAPY™

The Total Truth Letter

Letter to:

I'm angry that...

It hurts me when...

I am afraid that...

I'm sorry that...

I want you to...

I love you for...

Processing Activities

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The Transformation Principle



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Where Do You Need to Tell the Truth?

In the following categories, jot down the relationships and situations where you need to tell the truth, share your resentment or give appreciation. Note what you'll tell each person - and when:

On the Job

Subject:

Who You'll Tell:

What You'll Tell Them:

By What Date:

With Your Partner

Subject:

Who You'll Tell:

What You'll Tell Them:

By What Date:

With Your Family

Subject:

Who You'll Tell:

What You'll Tell Them:

By What Date:

With Your Friends

Subject:

Who You'll Tell:

What You'll Tell Them:

By What Date:

About Your Finances

Subject:

Who You'll Tell:

What You'll Tell Them:

By What Date:

With Your Business Partner

Subject:

Who You'll Tell:

What You'll Tell Them:

By What Date:



Anyone/Anything Else

Subject:

Who You'll Tell:

What You'll Tell Them:

By What Date:

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