

Release-the-Tension Worksheet
For Unbearable, Unresolved Situations

1. What is the situation or relationship?

Who or what is causing the tension?

2. What is the paradox or the two sides you're stuck between? What do you have mixed feelings about? (There are no wrong answers. Paradox is normal.)

Name both sides of your paradox or dilemma.

Side 1: _____

Side 2: _____

Example: *I love them and miss them, but I am also relieved I do not have to deal with their behavior any longer.*

3. How does this tension feel?

In your body? In your thoughts? (Examples: Tight chest, racing thoughts, knot in stomach, etc.)

4. Release Practice: Give the tension to God.

Close your eyes. Imagine handing the tension to God, or dropping the rope of tug-of-war between the two sides in your mind.

Say this aloud: *"Jesus, I can't hold this anymore. I give You this tension. Please hold it for me."*

Or write your own: _____

5. Whenever the tension returns...

Remind yourself: *"I released the tension to God. I do not have to carry it anymore."*

Also, remember that it's okay to repeat this as often as needed. Tension can return, but you can release it again and again.