

Letter to My Migraines

This letter is inspired by the work of Barbara De Angelis, Ph. D. Her technique deals with all six levels involved in healing anger. Barbara De Angelis says that each level has two feelings associated with it.

You may require more space to write the answers down, so feel free to start a journal. I also recommend shredding the journal when you are done with it so no one sees it. This process is just for you, and no one else. Also it's not good to keep negative energy in your house.

1. The Anger level deals with blame and resentment. Write as many sentences as you can that start out with this statement:

Migraine, I blame you for

Migraine, I resent you for

2. The hurt layer deals with sadness and disappointment. Write as many sentences as you can that start out with this statement:

Migraine - you make me sad when you

and then do migraine, you disappoint me when you

3. The fear layer deals with insecurity and wounds. Write as many sentences as you can that start out with this statement:

Migraine I feel insecure when you

and migraine, you wound me when you

4. Now it's time to work toward a solution. This is a very important step to start to deal with the feelings of regret, understanding and responsibility. I am not talking about a solution to the actual medical condition of migraine. We both know there is no cure, only relief. So what I am referring to here is your feelings around the disruption migraine brings into your life. So – having said that - write as many sentences as you can that start out with this statement:

Migraine I understand the situation as

and migraine I feel responsible when you

5. The intention layer deals with solutions and wishes. Knowing there is no cure but possibly a solution to how you might treat yourself

from now on. Write as many sentences as you can that start out with this statement:

Migraine I feel a solution might be

and migraine I wish

6. The Love layer deals with forgiveness and appreciation. Write as many sentences as you can that start out with this statement:

Migraine I forgive you for

And migraine I appreciate the fact that you

So the idea is to write to each layer which helps you to process your emotions. Every time you write to yourself instead of getting angry, you are reprogramming your brain to react differently. The goal is for your brain to eventually process this itself and you will no longer have to write the letters. Your mind will just slowly learn to process your emotions more efficiently, react differently and you will slowly become a calmer person around those horrific migraine episodes.