

**HOW TO LET GO  
OF THE PAST**  
*Playbook*

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## WHICH OF THESE REASONS ARE KEEPING YOU FROM LETTING GO OF THE PAST?

\* If you need more guidance, go to the blog article [here](#).

- You're afraid of the unknown.
- You believe that your pain protects you.
- You want to punish the perpetrator.
- It makes you feel special.
- You want to feel loved, safe and cared for.



*"We can let the circumstances of our lives harden us so that we become increasingly resentful and afraid, or we can let them soften us and make us kinder and more open to what scares us. We always have this choice."*

—Pema Chödrön from *The Places That Scare You*



## HOW TO LET GO OF THE PAST? CHOOSE TO LET GO NOW.

Take 3 deep breaths. Imagine how light you'd feel when you finally let go. Then write 5 times "I choose to let go." Take a deep breath and release.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_



**INSTEAD OF GETTING SWEEP AWAY IN THE PAINFUL MEMORY, OBSERVE YOUR FEELINGS.**

If you repress, try to control or identify with your emotions, they spring right back one way or another. But if you observe them by remaining present, negative emotions disperse on their own.

One way to observe your feelings is to imagine that you're a ship rocking on tumultuous waters. The dark waters bashing you from all sides are the scenes from your memory and the emotions that come up. Feel the torment of your past experience?

Luckily, an anchor keeps you steady. Let yourself glide over the angry waters. Before you know it, the storm calms down and peace returns.

Now, draw the ship during and after the storm.

DURING THE STORM

AFTER THE STORM



**LEARN FROM THE EXPERIENCE (WITHOUT OVERDOING IT). TAKE A DEEP BREATH.**

Do a 180° with your emotions by saying to yourself, "I've got nothing to lose. What can this experience teach me about myself?" Use the questions below to guide you. Most importantly, put the info to use right away in your daily life.

On the other hand, be careful about ruminating. It can be incredibly useful to learn from our past, but analyzing too much isn't helpful either. If you feel tense or stuck, breathe deeply and take a break. Bring your attention back to the present by visualizing yourself as a steady ship (see above).

What did you need and want, emotionally?

Where did you go over your boundaries?

What's one thing you can do to set better boundaries?



**TAKE CARE OF YOURSELF. AND GIVE YOURSELF THE  
THE LOVE, SAFETY + CLOSURE THAT YOU SEEK.**

When a painful memory paralyzes you, breathe deeply and accept the fact. Then be kind to yourself.

Take out your favorite body cream and lightly massage your feet. Volunteer. Try a new sport or hobby. Cuddle up with a book on the sofa.

Which self-care activities resonate with you?

Now, pick a self-care activity that you can do right now. Which one is it?

Do the self-care activity that you chose above. How relaxed did you feel before and after? Rate it on a scale of 0 to 100 (100 being the most relaxed).

**Before** doing the self-care activity:

\_\_\_\_\_

**After** doing the self-care activity:

\_\_\_\_\_



**CELEBRATE THE GOOD IN YOUR LIFE. TRAIN YOUR MIND  
TO SEE THE GLASS HALF FULL.**

Everyone takes things for granted without realizing it.

Even if you feel like you're living in hell, muster up the courage to see at least one good thing in your life right now. At first, practicing gratitude can be painful, but as with any new habit, it gets easier with time.

What's one thing you're grateful for?

What's one thing you're glad you DON'T have? (Have fun with this!)

What would be left if everything that you didn't say thanks for got taken away tomorrow morning? (Use this as a gentle reminder to feel grateful.)

P.S. I hope this playbook has been helpful! **If you need extra guidance, please take a look at my [coaching services](#).**