**WHICH REASONS KEEP YOU FROM LETTING GO?**

*Revisit the blog article [here](https://www.hushyourmind.com) for guidance.

- You’re afraid of the unknown.
- You believe 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

**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* below.

Take a deep breath and release.
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 painful 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.

**LEARN FROM THE EXPERIENCE**

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 information 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?
GIVE YOURSELF LOVE, SAFETY AND CLOSURE

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.

What self-care activity can you do right now? Go ahead and do it! How relaxed did you feel before and after (0 = tense, 100 = super relaxed)?
CELEBRATE THE GOOD IN YOUR LIFE

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!)

P.S. Want some personalized help to let go of the past and access inner peace? Check out my coaching services here.