

12 Steps to Letting Go

Managing your emotions and letting go is essential to sustain momentum and happiness in your life and consistently move towards success. The next time you are angry, conflicted or feel the need to “talk things out”, take a moment to liberate yourself from overwhelm and get into a more balanced state of mind.

For some people, it is difficult to get in touch with their feelings. They move through life by detaching emotionally and rationalizing everything in their mind, all the while closing their heart.

Whether you are in overwhelm or detachment, this is one of our favorite exercises to help you gain perspective and give yourself the love, forgiveness and empathy you deserve and work out your feelings; before you take it out on yourself and your relationships. This is also particularly helpful when you feel confused, disempowered or are unable to get into dialogue to work things out in any of life’s situations.

Find a quiet place to reflect and fill in the following phrases with whatever comes to you. In the end it will read like a letter. Do not censor yourself; be brutally truthful as this always sets you free.

Exercise: 12 Steps to Letting Go

1. I am angry because:

2. I am feeling hurt because:

3. I am sad because:

4. I am scared because:

5. I understand that:

6. My responsibility in this is:

7. What I forgive myself for is:

What I forgive him / her / others or _____ for is:

8. What I want is:

9. I hope that:

10. I am grateful for:

11. From now on I will:

12. My first step is:

By when will you take this first step? _____

What did you get by doing this exercise: _____