



It is time to LET GO!

Letting go of the emotional pain that you have allowed your body to hang onto over the years is an important part of the process to heal the chaos and claim your peace.

In order to let go, first we need to identify the pain you hang onto that can manifest in your body as physical weight, physical pain, chaotic mind chatter, and emotional suffering.

Use the list for ideas to identify stories and experiences you carry and identify with then write out each story next to the pain.

Let it all out. If you find the experience too heavy, feel free to walk away and come back to this exercise until it is complete and all out on paper. If a pain doesn't resonate with you simply leave it blank.

I am ashamed of...

I am angry at...

I am afraid of...

I have still not forgiven _____ for _____.

I judge _____ for _____.

I feel excess responsibility for...

I feel so much pressure from...

I feel exhausted because...

_____ feels like a burden.

I am stressed by...

My heart is heavy because...

It isn't fair that I...

I fail to admit when I make a mistake because...

I am selfish when...

I get jealous when...

I get greedy when...

I feel separated from...

I don't feel I can be honest about...

I am smart/better/kinder than...

I am not as good as...

I feel embarrassed by...

I hold myself back to make other people feel better because...

Now that you have completed the exercise can you see how all of this pain can be a heavy load to carry?

How would it feel to release these feelings and struggles?

The next step is to listen to the two audios. One is about releasing the pain. The second will be one to return to often to help you in not carrying them with you anymore.

[Click here for Audio #1.](#)

[Click here for Audio #2.](#)