



# EXERCISES TO LET GO

It's so easy to say **"Just let it go."** If it were that easy, you'd have done it long ago. Perhaps the following exercises can help you to let go; just give them a try.

## EXERCISE 1

One way to let things go is to distract your brain with concrete activities. Write down three or more things that can distract your brain when feelings like anger, fear, or sadness arise. Stop the dwelling on things in your head by, for example, listening to music, playing a game, going for a walk, or exercising. Write down your suggestions in your agenda or on a sticky note that you put on the bathroom mirror, so that you immediately know what you can do to let go; make sure that you come across your notes regularly.

## EXERCISE 2

You can let go of emotions, strange yet true, by embracing them. Do this by giving attention to feelings that you'd rather suppress. By acknowledging these feelings, they often decrease; they're allowed to be there, you don't have to "fix" or change them. After acknowledging the feelings, investigate what you can do to let go of the emotions. See yourself as a true detective; ask yourself the following questions:

- What emotion is predominant?
- What fact (no assumptions!) affects me the most?
- What does it say about me that I react this way?
- What/who can help me react differently to this situation?
- What would I say to someone in my position?

By searching for possible solutions, often space emerges in your mind to look at yourself and the situation differently.

## EXERCISE 3

Emotions you identify yourself with, that "boil" inside you, are often experienced as very intense and difficult to shake off. After all, they seem to be a part of you as a person. Imagining distance from these emotions can help you to also emotionally distance yourself. The following steps can help you with this:

• First, observe your own emotions. Do you feel anger, frustration, fear, jealousy, sadness, or resentment? They're allowed to be there; it's human to have such feelings.

• Realize that you experience these feelings, but that you yourself are not these feelings. So, don't say "I am angry/sad," but "I feel anger/sadness."

This small difference helps to create space between you as a person and the feelings you have.

• Place the emotions you'd like to let go of in an imaginary soap bubble. Imagine this soap bubble floating somewhere in the air in front of you. Breathe in calmly and observe the feelings in the bubble. Then, with each exhalation, let the soap bubble float a little further away.

• With an imaginary pin, you can prick the soap bubble and watch the emotions dissolve into nothing. This doesn't magically make the feelings disappear, but perhaps you will feel more like yourself again by getting some distance from these feelings.

Source:

Garau, M. (n.d.). *Loslaten was nog nooit zo makkelijk* [Letting go has never been so easy!]. Growing Mindfulness. <https://www.growingmindfulness.nl/loslaten-was-nog-nooit-zo-makkelijk/>