

Exercise 18 – Letting Go Of The Negatives

An effective way for you to do this is to write down the negative behaviour you want to let go of in the format:

I am letting go of (insert negative behaviour) today. I forgive myself for behaving and feeling like this is the past and move on with a more positive attitude today.

Write it out five times, reading it aloud to yourself as you do.

This will help remove the echo. If you occasionally lapse back into the old behaviour, don't worry, re-write the letting go statement and accept that sometimes old behaviours may re-surface. The objective is to keep improving ourselves. We should not be too hard on ourselves if we have the occasional lapse.

You could then take the paper that was written on and ritually let go of it. You could burn it (safely, please!), you could throw it away (without littering though!) or you could bury it in the garden.

This ritual can be quite uplifting as it really symbolises the moment of truth.

You may have a number of these moments and could be ritually letting go of thoughts and attitudes on a regular basis, if that is what works for you.

As I have said before, often there is no right or wrong way to achieve your goals, you must find what works for you.