

LETTING GO OF SOME BATTLES OF THE MIND

“Some of us thinks holding on makes us strong; but sometimes it is letting go”. – Hermann Hess

“When the heart truly understands, it lets go of everything”. – Ajahn Chah



1. Introduction

Not letting go of the battles in the mind can have many disadvantages.

2. Exercise

Identify some battles in your mind you need to let go.

3. Tips

3.1 Work through the grief process

Tackle each stage and be creative in the way you work through each stage.

Stages of Grief:

- Stage 1: Shock and disbelief
- Stage 2: Denial, guilt, physical pain and anxiety
- Stage 3: Anger and bargaining
- Stage 4: Numbness and feeling overwhelmed (feeling like giving up)

- Stage 5: Depression
- Stage 6: Acceptance and letting go
- Stage 7: Adjusting
- Stage 8: Reconstruction and building my life
- Stage 9: Confidence, hope and a positive future outlook
- Stage 10: Return to a meaningful life

3.2 Choose the emotions and thoughts you want to embrace

A surfer chooses waves to ride. Some waves are just not worth it, some are dangerous and then there are the enjoyable ones to ride. We need to recognize our emotions and thoughts. Then make decisions to let them go or to embrace them. If we choose certain thoughts and emotions, it can let us go spiraling down in a low mood for days.



- ### 3.3 Structure your healing - Get 2 boxes:
- Name the one “My healing the box” the other “My happy box”. In the “My healing box” you can have a journal where you write down the traumatic incidents and your emotional struggles. You can write letters, poems and put drawings in your box. In

your “My happy box” keep a gratitude journal, a happy memories book and a “micro moments of happiness book”. Put discipline to taking out your “My healing box” or where you let your mind think of past traumatic incidents. Choose a day and times when you will allow yourself to work on your healing.

- 3.4 Getting the “bugging people” out of your mind:** People who caused harm, trauma and hurt are difficult to get out of your mind. Give the person another name and every time when reoccurring thoughts or incidents come up you can say the following “...(name) get out of my mind, you have no right to control my emotions and happiness, get out”.
- 3.5 Categorize people in two groups (safe people and unsafe people):** Make a list of people in your life and categorize them in safe and unsafe categories. Then make a list of safe people and why you see them as safe. Make another list of the unsafe people and write about incidents, behaviour and reasons why they are unsafe.
- 3.6 My World:** Draw a round circle representing your world. Draw yourself in your world then draw the people who you want in your world and on the outside. Also, indicate with distance who you want close to you and who not so close.
- 3.7 Taking care of the hurts in your heart:** Ask yourself if it is time to let go. Have you grieved long enough about that break-up or divorce. Put discipline to give your heart a rest in feeling pain and hurt.
- 3.8 Dealing with daily life disappointments - Reframe the situation**
 If your friends do not visit you, how do you interpret such events? Do you jump to conclusions? Do you escalate the event and blow it out of proportion? What’s the internal dialogue that runs through your mind as to why this has happened to you? And given these beliefs, what have been the consequences of your actions? How many relationships have been affected by your beliefs and subsequent actions?
 Your ability to control emotional response to external events—to think flexibly and accurately about the causes and implications of such events—is the essence of resiliency. It requires emotional

awareness and self-regulation. One of the keys is to surface the beliefs as they happen.

What happened	Reframing	Here's what you think:	Consequences: Feelings and actions taken
Somebody cuts you off on the highway	<i>This reaction was negative</i>	Example: this person is a real jerk- why aren't the cops around when you need them.	You roll down your window and shout at them.
Somebody cuts you off on the highway	<i>This reaction is reframed as a positive</i>	They probably didn't see me. Good thing I'm a careful driver.	You slow down, stay alert and focus on getting safely to your destination.

Give an example of how you have handled a situation and how you could have reframed it positively

What happened	Reframing	Here's what you think:	Consequences: Feelings and actions taken
	This reaction was negative		
	This reaction is reframed as a positive		

3.9 See the bigger picture: We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view' or the 'eagle view'). What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?

3.10 Guided meditation for acceptance and letting go

<https://youtu.be/3YuOMmxbc9M?si=tycMvP57fIYkZpZr>

Information was obtained from The workbook of Louis L Hay

"Be at peace with yourself and then you will be able to bring peace to others".