

# 'LYBL' THROUGH WRITING

## Release taking things personally



1

**Write** down the names of people whom you still hold grudges against or feel less than peaceful about.

(If you don't have any, then good for you, but be sure you're being honest).

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**Explore** what you took personally in each situation.

Did an old friend neglect you?

2

Did your parents upset you?

Was your neighbor rude to you?

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**If** you were to unhook yourself from the emotion and relive the relationship again what might you do differently?

3

What would you say if you ran into this person now?

What could you do to no longer care about what transpired?

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4

**Write** down specific actions you could take to be sure these scenarios never come back to bite you again.

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