

Let it Go

Think about all the things that are bothering you at the moment. Make a list. Things that are bothering me right now: _____

What are the top three things that are bothering you and why?



1. _____
2. _____
3. _____

Why do you allow these three things to bother you so much?

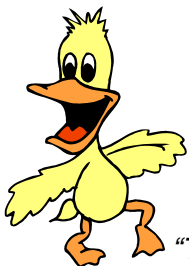
How could you let these thoughts and emotions go? _____

Write the top three things that bother you in the three balloons below. Then close your eyes and visualise your three balloons with your three major concerns floating away from you, higher and higher into the atmosphere.



What other techniques could you use to let things go? _____

What do the following expressions mean to you?



"Like water off a duck's back."

"Just let it go...Easy and slow....Just let it go.....Gentle and slow..."

"Sail away, sail away sail away...."

"Think only in headlines; don't go into the small print."



Counselling Notes: Let it Go

Description: This worksheet is designed to help clients release negative thoughts and emotions.

Ages: 12 years+

Ideas for use:

- Work through the worksheet in order.
- If the client is stressed, you might want them to define what it is that is causing them this stress.
- Try to be as specific and detailed as possible.
- Strong negative emotions such as anger and guilt will need further work.
- Explore each expression with the client, as a way of letting things go.

Possible Counselling questions:

- Why is it important to release negative emotions and unwanted thoughts?
- Who ultimately has control over what you think?
- How do you know the difference between emotions you should feel and emotions you need to release?
- What other sayings or phrases have you heard of that might help you let things go?

Other worksheets to explore in this series:

- Relaxation
- The Monkey Brain
- Calming the Monkey Brain