



DETACH FROM

A PAST EVENT PROCESS

Detach From A Past Event Or Memory

The following process is designed to help you heal past events and memories that still have an emotional hold on you today. As humans we polarise events making them either good or bad, happy or sad, positive or negative, but the truth is all events are neutral, it's the meaning we attach to them that makes them 'good or bad.' The reason the events that still have a hold on you today remain a problem and are still forming parts of your story is due to you perceiving them to be negative. By neutralising an event, by finding the positives in the event as well as the negatives, it allows the unconscious mind to let the event go, to view it simply as something that happened with no more meaning. This is what the following process is designed to help you do.

First be clear with the event or memory you are working on. Choose a stand out one from your food or body story that you would like to heal. Maybe you had something come up from our call this week or from this week's workbook.

The memory or event I am working with is.

Write the specific details that bring up emotion for you about this event and why you think this is.

Write all the negatives, losses or bad things associated with this event or memory. What emotions are connected to it, what did you make it mean. Why did it hurt so much?

Now take some time to consider the things you have learned from that event, any positives and things you have gained. Consider what you had to find within yourself to be able to deal with it and what traits you have strengthened within yourself from it. (This can feel challenging but sit with it and allow your mind to connect to this perspective too)

What did you realise from completing this?

In what way does it change how you feel about the event or memory?

When you think about the event or memory what comes to mind now?

Remember you cannot change the past but you can change how YOU feel about it. Once you take charge of this it can change everything.

If you feel there is more to heal, go back and find more positives, learnings and gains from the event.

You can also move onto the 'let it go' visualisation to release the event and memory from your unconscious mind.