

## Untitled Document

Something happened to a woman I used to know. About twenty years ago. She was a psychologist.

Probably still is. I don't know. In any case, she lost a patient. Suicide. And of course she felt responsible.

Her guilt feelings were a burden she couldn't let go of. Until someone gave her the sort of advice that one

This she diligently did for a long time. Eventually she started getting shoulder spasms. The burden

You see, sometimes we need some sort of externalisation of that which is going on inside of us, before

Indian mystic Osho said that. He said that "when you become good at the art of letting sufferings go, the

I'm not suggesting you ignore your emotions, that you stifle your feelings. Before you can let go of a hurt

Dr William Frey II, biochemist at the Ramsey Medical Centre in Minneapolis, writes that crying away

Still, the point is not to sit there crying forevermore. Give yourself a rant window. Decide how long you're

Judith Sills writes that one powerful strategy for easing the pain of the past is to rewrite key aspects

For example, Judith writes, "I was bitter for a long time because my husband had an affair that ended

Rewrites, says Judith, do not attempt to change the facts. They simply see those facts through mo

“Simply put, we are our story. Not so much the story of the events in our lives but the story we tell ourse

Eckhart Tolle often refers to “me and my story” when he explains that thoughts alone are not the caus

Yes, girlfriend, it hurts. I get that. But, says John M Grohol, what you do with your hurt is almost certain

Blaming others for your hurt seriously backfires. It makes you a victim and puts you into powerless

Focus only on what can be changed – your own thoughts. Then remember that you are not your thoug