

Letting Go

Module 1.1

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(Advanced Practitioner Holistic Counselling)

Activity: Select an experience/emotion or situation that you need to let go of. Using your notes as a guide, answer the following questions.

1. Are there any irrational thoughts accompanying the prospect of letting this issue go?

If I let go of doing everything for my Husband and Son they will not cope, the house will be a mess, the bills won't be paid and they both don't know how to cook for themselves.

2. Replace any irrational thoughts with reframed or rational statements.

They are both adults that will manage to do all of these things once I step back and stop doing it for them, it will also be good for my husband to know what bills are coming in each month.

3. What specific problems/challenges has holding on to this issue created?

I have felt tied to the house making sure everything was done instead of doing the stuff I wanted to do for myself, this has caused me frustration and sometimes resentment over the years.

4. Identify 4 actions that can be taken to encourage letting go for your particular issue.

Write us a roster that shows we all have equal days and jobs .

Write up a list of tasks to be done for each week / day.

Each week sit together and work out what meals each person wants to make and have appropriate recipes for meals.

Teach my husband what bills we have and how to pay them.

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5. Implement at least one of the above actions.

1. Actions Chosen:

Each week sit together and work out what meals each person wants to make and have appropriate recipes for meals.

1. Observations during activity

I have observed that this activity has not only given me more freedom to do the things I want to be doing but has also given us as a family a new learning to all participate and learn new things together such as new recipes and different tastes that everyone has.

We have chosen to sit and do our meal plans every Thursday afternoon so that we can buy the food Friday when shopping. So far everyone has been enthusiastic and participating well.

We have purchased a few easy cookbooks that are easy to follow and not too many ingredients, this also helps with giving different ideas and also a variety of meals so that we are not eating the same meals over and over each week.

2. Outcome of activity

I have noticed that my Husband and Son have started to understand that it's not always easy to cook a meal, they have become more aware and also more appreciative.

It has become a discussion point at the dinner table, where we now talk about the processes of preparation and cooking of the dinner.

I have also observed that everyone is full of compliments to whoever was the chef for the night.

Now that everyone is cooking, I have also observed that everyone is clearing the table together and rinsing and stacking the dishwasher this is something that they used to leave up to me.

I can now see by doing everything for people it does not empower them to learn and do things for themselves, it can exhaust the person doing all the work and make them resentful.

I have also learnt that I don't have to do everything for them to gain their love, respect, and approval, they will still love and respect me.