

## LETTING GO OF EMOTIONAL PAIN!

*Some of us think holding on makes us strong, but sometimes it is letting go...Herman Hesse*

### WHAT TO KNOW!

- ❖ We all have positive and negative feelings that we can either hold on to or let go of
- ❖ Holding onto painful emotions can cause us to overreact in emotional situations
- ❖ Past hurtful events are really only memories with painful negative emotions attached
- ❖ Unresolved emotions such as anger, sadness, grief, and anxiety often affect our physical functioning and take a toll on our bodies
- ❖ People who hold onto emotional pain frequently relive their negative experiences; they get stuck in their hurt and continue to reexperience the emotions
- ❖ As humans, we develop emotional habit patterns which define us; by not letting go, we live our daily lives accustomed to and expecting negative feelings
- ❖ When hurt, we often blame others and ruminate about it; we expect them to apologize or acknowledge that they hurt us and often they don't
- ❖ By blaming others, we are really powerless and get stuck in our hurt
- ❖ Holding onto the past doesn't change anything; rather, it keeps us stuck in hurt
- ❖ Letting go involves accepting what happened and making peace with it
- ❖ Letting go allows us to become stronger and to grow and evolve
- ❖ One of the best ways to let go is to recognize what we can learn from the experience and incorporate that learning into our lives

### WHAT TO DO!

- ❖ Give yourself permission to accept what has happened and to heal
- ❖ Forgive yourself and others
- ❖ Take care of yourself by setting boundaries, saying no to others, etc.
- ❖ Determine whether you are really a victim and take responsibility for being happy
- ❖ Recognize that neither you nor others are perfect and can make mistakes
- ❖ Accept yourself completely, flaws and all
- ❖ Seek out new experiences rather than being fearful that old ones will reoccur
- ❖ Lower your expectations for yourself and others so that you will not be disappointed
- ❖ Eliminate your self-limiting beliefs; instead of saying "I can't do that", say "I will do that"
- ❖ Live by your own values and only what you think of yourself and your behaviors
- ❖ Recognize and accept that you will make mistakes but learn from them
- ❖ Change what you can and accept the things you cannot change
- ❖ Face your fears and do what scares you; it will make you stronger
- ❖ Expect that you will have negative emotions and allow yourself to feel them
- ❖ Seek professional help if you are unable to let go of emotional pain

### WE CAN HELP!

Call us at **954 755-2885** or email us at [DrKimmel@KimmelPsychology.com](mailto:DrKimmel@KimmelPsychology.com)

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