

## Small Rituals to Help You Let Go of Past Experiences

This activity is designed to help you put an end to the consequences and emotions of past negative experiences. You are going to use this opportunity to choose to leave these issues behind. This does not mean you will forget them but you are no longer going to allow them to interfere with your future. It will be important to acknowledge that you are not doing this simply to please your partner but to free yourself from the power these memories have had over your life and relationship.

You should each take a sheet of paper and write on them your own negative memories and feelings from your relationship.

Then take the pages and do one of the following:

- Make a boat and set it adrift in the lake/river.
- Make an aeroplane and fly it from a hill top.
- Tie it in a knot and burn it.
- Tear it up into small pieces and flush it down the toilet.
- Cover it in your favourite sauce and eat it.
- Use it for bedding in your pet rabbit/hamster/gerbils cage.