

Therapy Worksheet on Letting Go

What is the theory behind this Therapy Worksheet on Letting go?

The term 'Letting go' can hold different meanings for different people. However, the essence of letting go remains the same; it means freeing yourself from negative thoughts and emotions that are weighing you down or holding you back and vowing to begin anew. It can be resentment towards a loved one, a painful experience that pained you greatly or grieving a loss.

How will the worksheet help?

The worksheet will help clients gain a better understanding of what they want to let go of and how they expect it to benefit them in the future. It will use a series of questions to help the client determine where they currently stand and what they need to do to begin their journey to free themselves from their past.

How to use the worksheet?

This worksheet can be used by clients who are in the process of exploring their negative thoughts and emotions in the initial sessions. Instruct them to identify one such negative aspect of their life that is weighing them down and answer the questions accordingly.

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❖ What does the term 'letting go' mean to you?

❖ Identify one thought/experience/memory/emotion/relationship that is holding you back or weighing you down.

❖ In what ways is it holding you back or weighing you down?

❖ What has motivated you to let go of it?

❖ What can you say to yourself to begin this process?

❖ How do you expect to feel once you succeed?

Reference

[Fox, M. \(2011\). The Psychology of Letting Go. *RBM: A Journal of Rare Books, Manuscripts, and Cultural Heritage*, 12. 104-109.](#)

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