

## LEARNING TO LET GO OF NEGATIVE THOUGHTS

### Physical method

- On a sheet of paper, describe a problem that has been making you feel depressed lately
- Write about it in as much detail as you can.
- Choose one of the methods below to physically let go of what you have written, and then do it.
- As you destroy your problem, tell yourself, “I am letting go of this. I will not let it depress me anymore.”
  - Rip up your paper into tiny pieces and throw it into the bin
  - Put your paper through a shredder
  - Read what you have written to someone else and then give that person the paper and ask him or her to rip it up in front of you
  - With permission and in the presence of an adult, burn your paper in a fireplace.
  - Write your problem on toilet roll instead of regular paper and flush it down the toilet.

### In your head

- Sit quietly and comfortable where you will not be disturbed.
- Close your eyes and picture yourself in vivid detail doing one of the following:
  - You wrap your problem in a box and seal it very securely with strong tape and rope.
    - Then you attach the box to a very powerful rocket.
    - You take the rocket to an outdoor area where there are no houses, trees, or other obstructions.

- You light the rocket and stand back.
  - You watch as the rocket blasts off into the sky with great speed and force.
  - You watch it carry your problem quickly and powerfully away from you.
  - You watch until it is completely out of sight, far off beyond the pull of Earth's gravity, continuing to travel farther into space.
  - As you watch it go, you say to yourself, "I am letting go of this. I will not let it depress me anymore."
- You wrap your problem in a box and seal it very secretly without strong tape and rope.
- Then you travel to a place far from where you live.
  - You come to the edge of an ocean.
  - If the climate is warm, you set the box onto a very fragile raft.
  - If the climate is cold, you set the box onto a very fragile ice floe.
  - You push the raft or the ice floe out into the sea, where the current catches it and carries it farther and farther away from you.
  - You watch it until it is completely out of sight.
  - As you watch it go, you say to yourself, "I am letting go of this. I will not let it depress me anymore."

You may repeat either of these exercises as many times as you like, experimenting with different methods.

North East Counselling Services

Metropolitan House

Long Rigg Road

Gateshead

NE16 3AS

Call 0191 4661314 or email [info@necounselling.org.uk](mailto:info@necounselling.org.uk)