

Day 15

Letting Go

It is painful when someone you care about does something to hurt you. This kind of wound doesn't heal itself overnight, and there are often lasting negative repercussions on your relationship.

If you feel a friend or family member is in the wrong in a dispute, it can be difficult to get past your anger, forgive and move on. Holding onto a grudge, however, only hurts you more in the long run. Research shows that letting go of anger is beneficial for both your mind and body. According to the [Mayo Clinic](#), forgiveness can lead to:

- Healthier relationships
- Greater spiritual and psychological well-being
- Less anxiety, stress and hostility
- Lower blood pressure
- Fewer symptoms of depression
- Lower risk of alcohol and substance abuse

Journaling is valuable when emotions run high; writing about how you feel gives you the opportunity to express yourself in a safe place and figure out a way to let go of grievances.

Journaling Exercise #15

1. Free-write about a conflict with someone close to you. What happened? With whom? Is this a stand-alone event or is this part of a bigger issue? How did the other person's actions make you feel?
2. Read your account of the conflict, and try to see it from an outside perspective. What role did you play in this situation? Do you share any responsibility in how the argument developed? Are there other factors to consider?



Letting Go Cont.

3. Put aside your loved one's actions for the moment, and write down what is most valuable to you in this relationship. Why is she important to you? How has he been a positive or supportive influence in your life in the past? Do you want her to continue to be a part of your life?
4. If you want to salvage your relationship, combine everything you've written so far into a simple script that captures what you want to say to this person. Come from a place of love, but express how his actions hurt you and why. When you're ready, make a date to talk to your friend. If you don't want to continue the relationship, write a message of forgiveness and closure in your journal.

