

Letting Go Exercise

Use this exercise to assess the costs of holding onto difficult or distressing thoughts. Your responses can be used to support your personal development, or as part of an Acceptance and Commitment Therapy (ACT) process under the guidance of a trained therapist.

1. Identify a distressing thought that you are having difficulty letting go of.

2. How do you feel emotionally and physically when you get caught up in this thought?

3. How does your behaviour change when you get caught up in this thought?

4. What are the costs or limitations of getting caught up in this thought?

5. How does this take you away from your goals and personal values?

6. What would be a more helpful way to respond to this thought?

7. What uncomfortable feelings will you need to make room for in order to let go of this thought?

8. If you choose to do this, how will this help you to live a healthier, more enriched and fulfilling life?