Letting Go

OBJECTIVES: Identify some of the hurts from our past which we need to let go of in order to help us move on and live better and happier lives.

TIME: 40 minutes to an hour (depending on the group's needs)

MATERIAL: Flip chart paper and stand, markers, small pieces of paper (A5 or smaller), pens, pencils, etc.

NOTES FOR FACILITATORS:
Participants may find this a painful exercise so be prepared to provide support. It can be useful to prepare one or more facilitators to leave the group with an upset participant if necessary.

PREPARATION: none

PROCEDURE:
1. Explain that we all have buried hurts and pains that can be difficult to let go of even though doing so might help to make us happier. This exercise aims to help us let go of some of those buried hurts.

2. Give out small pieces of paper to everyone.

3. Write on the Flipchart, "What I most need to let go of is ..."

4. Ask each participant to complete the sentence on the small pieces of paper that you have given out. We will not be sharing this, unless they would like to. They need only share what they feel comfortable about sharing.

5. When everyone has had time to complete the sentence divide the group into sub-groups of 3 participants each.

6. In the sub-groups, they will take turns answering the following questions put to them by their partners in the group:

    a. What would you have to give up in order to let go, or what might you lose if you did so?

    b. What blocks you letting go?

    c. How could a friend help you to let go?

    Partners need to use good listening skills to encourage each person to work through these questions in turn.

7. When each person in each group has worked through the questions, return to the large group to debrief.

8. Processing:

    a. How did you find this exercise?

    b. Do you feel more able to let go?

    c. What emotions or blocks were mentioned?

    d. What do you need to help you let go?

    e. How did it feel to have the support of others or friends in the small group? Can others help make this task easier?