



Activity: Letting Go

Time: 20 minutes

Gentle Reminder

Please keep in mind that exploring your life experiences can elicit powerful memories and emotions. Don't hesitate to seek professional assistance to support your efforts to revisit, learn from, and find gratitude for your life experiences.

This activity is about letting yourself go, letting your thoughts, feelings, and emotions flow freely. It's important to remember that whatever you choose to write is completely confidential. These activities are for you and your SWAGGER journey. If you choose to share your work with anyone else as part of your journey, that's completely up to you.

Step 1

Find a quiet place that's conducive to reflective work and a setting that enables you to write without interruptions. Make sure you're in a private location so you won't be worried if your emotions rise to the surface.

Step 2

Select one of the pivotal moments you identified in the previous activity to focus on. This should be a moment that reflects one of the most traumatic and challenging times in your life.

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For ten minutes, write continuously about your deepest thoughts, feelings, and emotions related to this experience. You can write about anything that comes to mind related to this experience. There is no wrong way to do this. You can write about who else was involved, how you felt, what happened, why it was so traumatic, whatever direction your thoughts take you.

Don't worry about spelling or grammar, just write. Let your thoughts flow freely.

Step 3

Identify one thing that has happened in your life as a result of this experience that you're grateful for. This is something that wouldn't have taken place without you having experienced this challenging and traumatic moment. Record your thoughts, specifically highlighting what it is that you're grateful for.

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