

CHAPTER 11

How to Let Go

If you just broke up with your partner on bad terms (not good terms), this chapter is dedicated to you and to all those with heavy hearts who are looking for a way out of their suffering.

So you can't get this person out of your head, although he may be a jerk? To top it off, you know deep inside that this person is not even worth the anguish. In fact, you can probably think of a few other people who are worthier of being completely hysterical over than this moron that you chose to put your trust in. Why am I being so cold? For the very reason that it requires a cold heart to release excess baggage. Before I approach this issue, I want you to either dispose of or store away any pictures that you may have. If you wish to play darts with his portraits, that is fine. However, if you plan to have his

portrait blown up to door size, think again. As of now, this person does not exist.

The one thing about emotions is that they cannot be switched on and off like some light switch. It would be glorious if that were possible, but realistically, if you have a pulse, that is unworkable. You can, however, undo what has been done. You will still experience sorrow, but you will recover much faster than if you were to mope around the house all day weeping and feeling sorry for yourself. Don't get me wrong, you may need a couple of days just to let it all out. But after that, you need to wash your face and work on putting a new spring in your step. Don't ever think, though, that just because you are undergoing grief or just because **he** may be in mourning that you have been given a sure sign for reconciliation. You could be in the same kind of predicament as a criminal who is caught red-handed, yet who repents misty-eyed for his wrongdoing. Subconsciously, the heart may be doing a little housecleaning. If the heart is overloaded with burdens, something has to give eventually. Just as symptoms are a sign of a sickness attacking the body, so too is your sobbing the heart's way

of reproving you of certain misdeeds. If these teardrops are allowed to flow, eventually your cleansing will be complete, resulting in soberness of thought. Tears are a release of one's emotions. And if your emotions were inciting blindness to how piggish your man is, then clearly through much lamentation will you again be able to see and think clearly. **Let the good times that you had with one another be considered a fond remembrance, but do not allow those few good times to be outweighed by the overwhelming bad ones.**

If you're already at the stage where you are able to forgive and forget, then there's no real need for a counseling session. I am addressing those who do not have the will power to wake up in the morning because of the destructiveness that this someone has thrown their way.

In all likelihood, you can't eat or sleep. What makes things worse is that this someone is doubtlessly already dating someone else, but here you are feeling like the scum of the earth! What you need to do is start despising him in a "right way." I'm not

advocating you cursing him out, or slugging the one that he may now be with. This has nothing to do with him or with what for the present may seem like this “Jezebel of his.” The battle is between you and your mind, not you and your ex. Now the type of fury that I am suggesting does not involve resentment, since it is not directed towards the person as an individual but against their personal character.

How does one go about loathing her partner in an upright manner? It begins with you grabbing a pen and some paper. (You can even use a “number 2” pencil; one hopes the number “2” will help you remember what type of person you are dealing with.) Afterwards, I want you to begin recording **all** the things that characterize your man as not being “a man.” In addition, jot down the impending positive outcomes for this separation. If the only negative factor you can conjure up is complete disgust towards this man for hurting you, that too is sufficient for this transformation to set in. Suppression does not defeat depression, which is why the facts need to be acknowledged on paper.

Be truthful, elaborate, and be as explicit as possible with this list. This is going to be your meal for the next couple of weeks or months ... or however long it takes to release “Mr. John Doe” from the heart and mind. Next, after this list is carefully formulated, I want you to read aloud this sheet or book that you carefully drafted. This needs to be done three times a day. You may be a sport when it comes to feasting that belly of yours, but in the same manner, the mind needs to be nourished. If you require a few snacks in-between, that’s great! Just don’t go on some “Weight Watcher’s Diet” with this reading of yours. More than likely, throughout the course of your relationship, such negative but truthful thoughts about your partner were already entertained. The reason they likely never had any effect beforehand was that at the time, they were nothing more than a passing notion. They were never magnified on paper so that your own thoughts and self could be confronted face to face and eye to eye.

It is important that you concentrate upon the negative characteristics because if the positive had any value, he would never have