

FREE THE PAST

EGO BUSTER

What's the lie? Usual Suspects:

- “This person will suddenly change, even though they have already shown me who they are.”
- “It's personal.” It's never personal.
- “It's my business what they think of me.” It literally never is.
- “It's their job on planet earth to _____.”
- “I know what's best in this situation.”

How have you been “that girl,” “that guy,” or “that human”?

Note:

- You can forgive yourself by forgiving them.
- You can apologize to others to forgive yourself.

What do you get or get out of by being mad?

- Don't have to show up
- Don't have to make a request or ask for what you want
- Don't have to say no
- Don't have to go after your dreams
- Don't have to heal or grieve
- Don't have to look at your own behavior
- Don't have to have a direct conversation
- Don't have to apologize

ACTION STEPS

With Self:

- Take the next step toward your dreams
- Do what you told yourself you would do
- Show up
- Start the healing or grieving process

With This Person and Others:

- Take responsibility for behavior
- Do something generous for them
- Apologize
- Have a direct conversation
- Say no
- Ask for what you want (even if you don't get it)

