

LAURA'S FAVORITE RELEASING TOOLS

Empty Out Your Emotional Debris

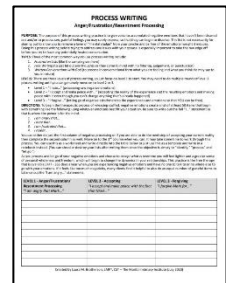
Laura M. Brotherson, LMFT, CST – The Marital Intimacy Institute (Apr 2021)

Want to end your personal suffering?! The following are some of my favorite self-help tools all listed in one location. I hope to make it easier for you to work on processing, releasing and letting go so you are better able to transcend yourself and let your “personal self” and all its needs, wants, desires, and fears go. These tools are some of the best ways to put the principles of “[loving what is](#),” “[letting go](#)” and “[spiritual surrender](#)” into practice.

We all have mental and emotional sludge or “debris” that causes inner (and outer) disturbance that keeps us from living our best lives. Making time to process and release your accumulated negative thoughts, beliefs, emotions and experiences allows you to transcend the self and live a more peaceful and surrendered life *as it is* instead of life as we *wish it would be*.

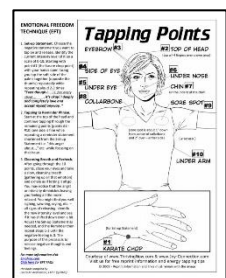
The more you actively and intentionally work on releasing your “stuff” the healthier and more whole you can be. When you’re not okay on the inside it’s because of the garbage inside that you haven’t yet let go. And when we’re not okay, we “take” from life instead of “giving” to life. Utilize any or all of the following tools as much as you can until you are able to free yourself to live more fully.

1. **Process Writing** – The purpose of process writing is to give voice to accumulated negative emotions that haven’t been cleaned out and/or to process raw, painful feelings you may rarely express, so that they can begin to dissolve. It’s difficult to let go or release something until you are able to process it. (You’ve heard the phrase, “feelings buried alive never die.”) As you put it on paper (setting the intention of processing and letting it go) you are able to release the fears, frustrations, wants, needs and desires that are keeping you from living in a more peaceful state of spiritual surrender.



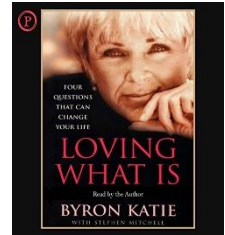
- WORKSHEET – [Process Writing & Benefits Worksheet](#)
- WORKSHEET – [Processing - Releasing - Surrendering – 10 Point Process Writing Exercise](#)
- WORKSHEET – [Clearing Out Your Emotional Closet](#)

2. **Emotional Freedom Technique (EFT) Tapping** – EFT is a mind/body, self-help tool to relieve mental or emotional issues (energy imbalances). EFT is like acupuncture, except you tap with your fingertips on meridian points to realign the energy system and clear disruptions/ blockages of energy that are related to unresolved emotional issues. You might think of it as “psychological acupressure.” EFT is based on the assumption that unresolved emotional issues are either contributing to the things that bother you in your life or are keeping those things from healing on their own.



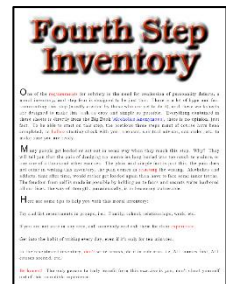
- HANDOUT/DIAGRAM – [Emotional Freedom Technique – EFT Tapping](#)
- VIDEO – [Laura's EFT Tapping Demonstration](#)
- VIDEO – [Emotional Freedom Technique \(EFT Tapping\) Demonstration](#) by Gary Craig

3. **Loving What Is – Inquiry – “The Work”** – Use the 4 questions and the key concepts in this book to “investigate” your thoughts and transform your thinking by detaching from uninvestigated distressing thoughts. This allows you to rethink your suffering and live in greater peace, harmony, happiness and freedom. Suffering comes not from the situation but from our thoughts about the situation. As you listen to the *Loving What Is* audiobook over and over your mind will go into auto-pilot to internally inquire about distressing situations as quickly as they arise.



- [BOOK](#) – *Loving What Is: Four Questions That Can Change Your Life* by Byron Katie
- [AUDIOBOOK](#) – (Be sure to get this older 2004 version because it uses live instead of scripted examples.)
- HANDOUT – [Inquiry--Key Concepts & The 4 Questions from Loving What Is](#)
- WORKSHEET – [Inquiry--Loving What Is - Judging Your Neighbor Worksheet - Laura's Version](#)

4. **Doing the 4th Step Inventory in the 12 Steps of Alcoholics Anonymous** – This 4th Step Inventory is a huge releasing tool. I often tell my clients I feel a bit sad for anyone that hasn’t had a reason to work the 12 Steps because the 4th Step alone is a means of cleaning out pretty much everything in your past that has caused you any pain, anger, resentment, fear, etc., which is the foundation of the dysfunctions in our lives.



- HANDOUT – [Fourth Step Inventory](#) Worksheet
- HANDOUT – [12 Step Processing Questions \(by 12Step.org\)](#)
- WEBSITE – [Fourth Step Help](#)
- ARTICLE – [Why I Love 12 Steps for...Everyone](#)

In addition to the resources mentioned above, the following also support the work of letting go and transcending the self. These may also be helpful to review and/or listen to help rewire your thinking:

1. [The Untethered Soul at Work](#) (audio seminar) by Michael A. Singer and [Highlights](#) handout
2. [Letting Go](#) (book/audio book) by David R. Hawkins
3. [7 Steps of Spiritual Surrender](#) handout