

## Letting Go

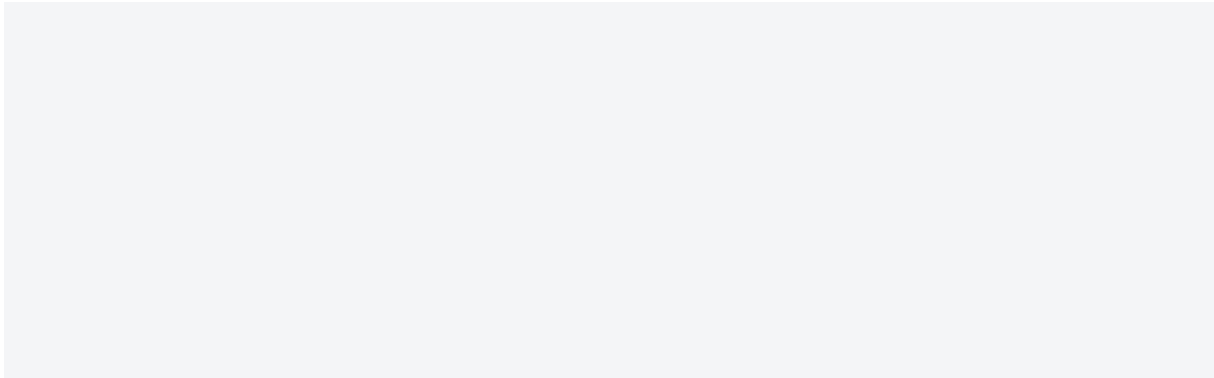
### Why you should let go of the hope of getting back together.

If consciously or unconsciously you are holding on to the hope that one day you will get back with your previous partner, you are not moving forward. You will also remain stuck, grieving for a relationship that has ended but you don't accept.

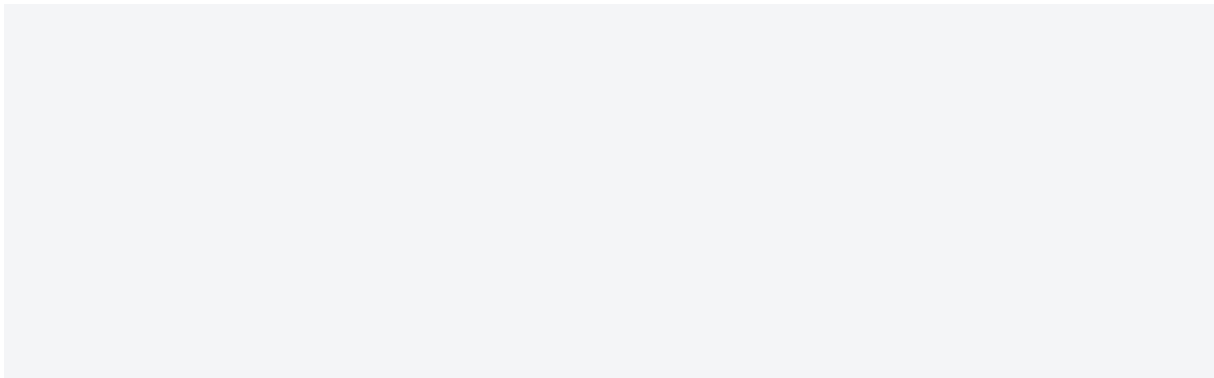
**What activities are you doing that suggest you hope you will get back together with your ex-partner? (checking their social media, calling them up, going places where you hope to bump into them)**

**What do you hope will happen?**

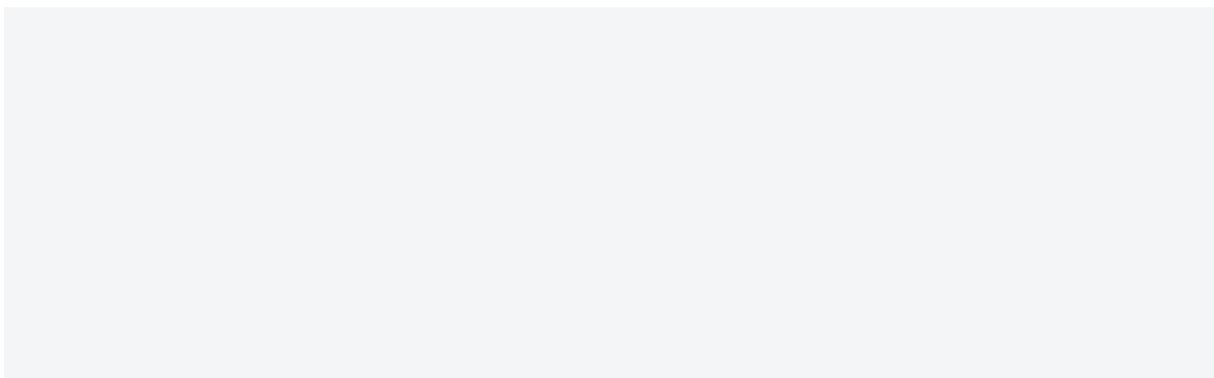
**What has changed with you and your partner (be completely honest) that would *really* make a difference?**



**Can you see how you are stuck in a loop of not accepting that something has ended and how it prevents you from moving forward?**



**Think of the life you could have. Visualize yourself having a new future without that person, having fun, learning, growing, and becoming the person you have always wanted to be.**



You can either stay stuck grieving your losses or create a future that excites you where the past remains in the past.

Dr. Jeremy Sutton