

# LETTING GO OF NEGATIVE FEELINGS

Feelings impact what you think and how you behave. By acknowledging your true feelings, you can begin to identify causes for your emotions, thoughts, and behavior.



Negative Feeling ➤➤

~~~~~  
What is causing me to feel this way?

What is preventing me from letting go of my negative feelings?

How can I either change the situation or cope with it?

“  
Feelings are just visitors, let them come and go.  
- Mooji  
”