

SOMETHING IN MY PAST CONTINUES TO HAUNT ME



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Lize van den Bergh

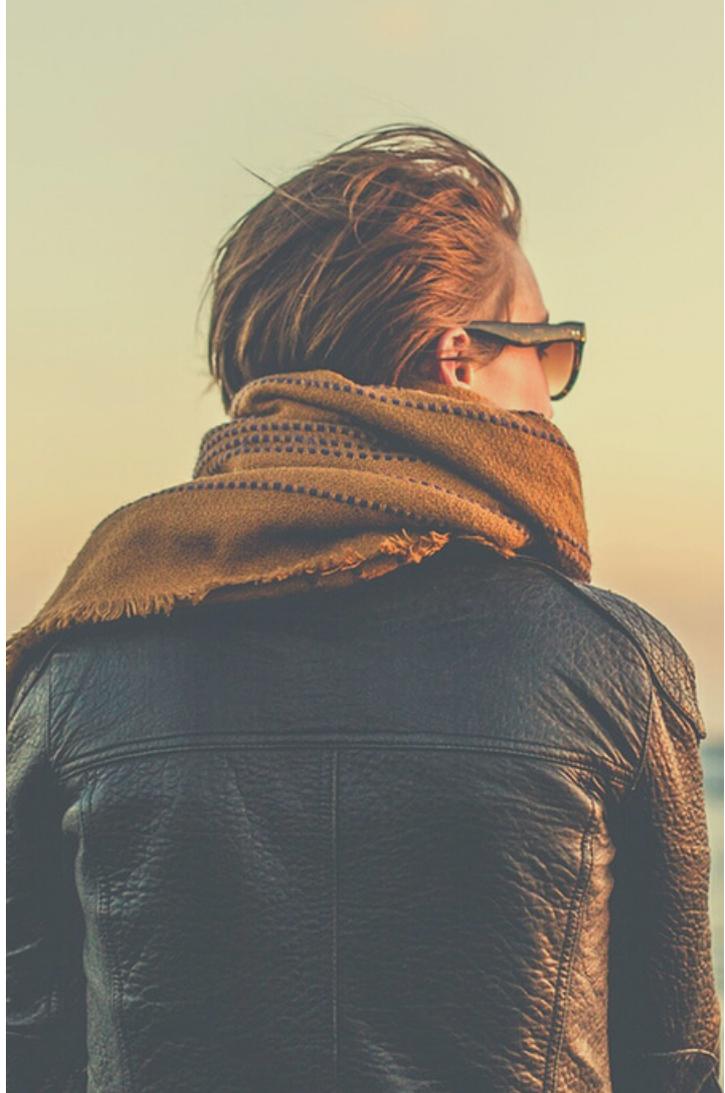


Being able to let go and move on from painful past experiences is probably one of the most challenging things to do. But it is also one of the most rewarding. Some of these experiences can continue to haunt us if we allow them to. Learning how to release yourself from these chains can allow you to live a more fulfilling life.

WHY DO WE STRUGGLE TO LET GO?

Sometimes, these experiences involve other people, which makes it trickier to move on if we are unable to get closure from them.

There may be various reasons the past is still haunting you. Here are only some of the main explanations:



EXCESSIVE PAIN

These events might have caused an immense amount of pain and, because they are still embedded in our minds and hearts, we struggle to imagine a world where it is not hurtful anymore. It seems impossible to be free of it, so we do not believe it can be let go of.



EMOTIONAL CONNECTION

Memories are deeply connected to emotions. We remember events with a high emotional content much easier than events that had less impact on us on an emotional level.

RESPONSIBILITY VS VICTIM ROLE

This might be very difficult to fully accept, but we get stuck in the “victim role”, which prevents us from taking responsibility for our own lives. It is easier to blame our unhappiness on other people or events, linking it to something external to us.

BENEFITS

Yes, it is true, there are “benefits” to being stuck to the past. We have excuses for not becoming the person we want to be. “Because X did this or X happened, I cannot achieve my potential.” Only by taking back control from these events/people can we realise our dreams and live a self-actualised life.



*"Life becomes
easier when you
learn to accept
the apology you
never got."*

Robert Brault



FORGIVENESS OFTEN FEELS "TOO EASY"

People often say that if we forgive people, we are “accepting” what they did. Forgiving doesn't have to mean that we are saying it is okay that someone did what they did. It means accepting that it happened, and freeing ourselves from the pain. It is not about them, it is about us. Sometimes, we also need to forgive ourselves. We are all human, and we all make mistakes. It is about learning from them, not punishing ourselves for such errors.

It is also helpful to remember that it is often people who are hurting inside, who end up hurting others. It is a vicious cycle which only you can stop. Some people either continue this cycle of pain by turning inwards (with self-defeating thoughts and actions) or choosing to hurt others.

A hallway with a row of doors, one of which is yellow, set against a patterned wallpaper. The floor is made of dark wood planks. The text "WHAT WILL YOU CHOOSE?" is overlaid on the bottom half of the image.

WHAT WILL
YOU CHOOSE?

What are you struggling to let go of?

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What do you think is preventing you from moving on?

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What will you gain when you let go of the past?

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VERY IMPORTANT

If you have been raped, sexually abused or physically assaulted, and are struggling to deal with the trauma, we strongly urge you to make an appointment with a professional to assist you.



RESOURCES



WEBSITES

www.sadag.org
www.lifehack.org

APPS

Happify
Pacifica
What's Up?

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BOOKS

“You Can Heal Your Life” by Louise L. Hay

“The Power” by Rhonda Byrne

“The Power of Now” by Eckhart Tolle

“Feel The Fear And Do It Anyway” by Susan Jeffers

“The Art Of Happiness” by the Dalai Lama