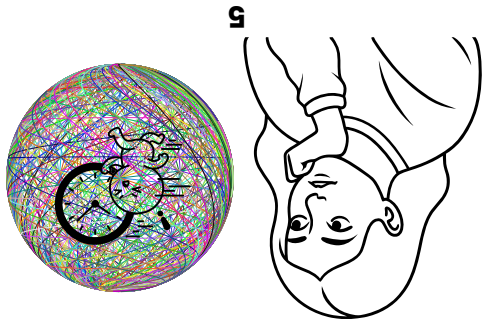
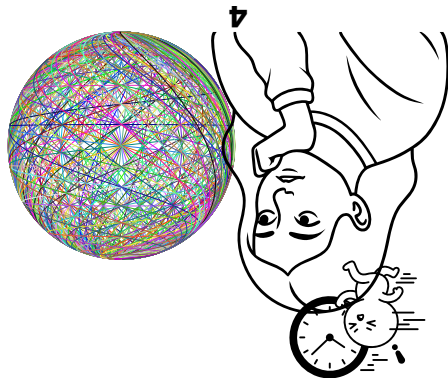
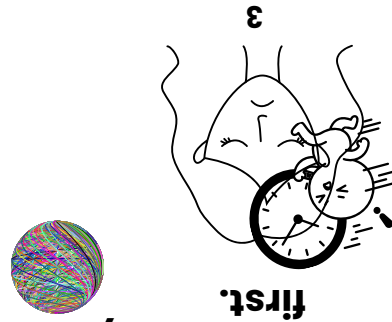




I place my stressors in the orb.



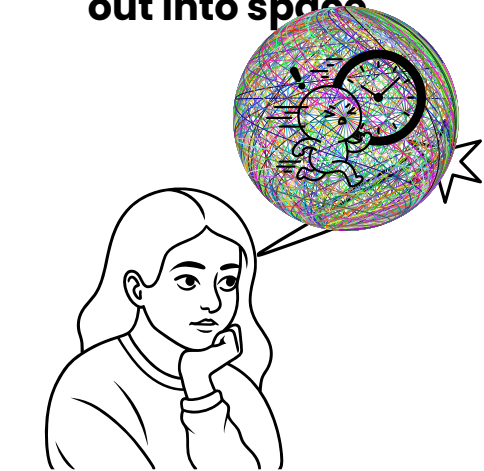
The orb becomes larger and larger, until the orb is right in front of me.



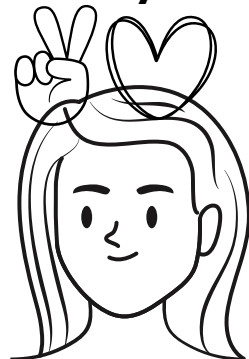
I like to sit down and imagine Glinda, The Good Witch, from the 1939 movie Wizard of Oz. Glinda's orb is small and far away at first.

The Letting Go exercise asks you to use your imagination and visualize a vessel taking away your stressors. The vessel needs to exist in your imagination. I will share what I use while explaining the steps.

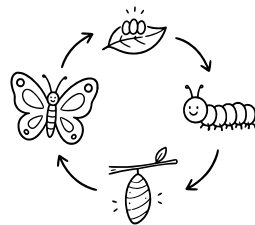
Then I watch, with my imagination, the orb - with my stressors- zip out into space



Sometimes I need to let go of more things in a day. Usually I feel lighter with the distance I feel from my stressors.



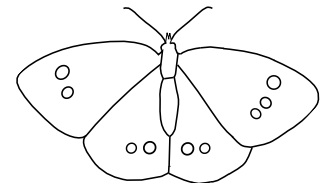
Continue the metamorphosis with Golden Moth on socials & goldenmothcounseling.com for more mental health tools and resources



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Letting Go

By Golden Moth



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