

HEALTHY “Vent On Girlfriend” Checklist

[FYI : This is not a “woe is me” or “pity party” - it’s time to release and learn from it.]

You’ve got to get the crap out. Otherwise, by keeping it all bottled up, you’ll create some dis-ease in your being.

So do this and you’ll be done with it. (Promise me you’ll do this!)

1. Find someone (not just anyone) who is a good listener. Make sure it is someone who you trust not to indulge in bitching parties.

Tell them you have something you just need to get out and that you do not need any problem solved. Let them know that, after you are done letting it out, you’ll want them to ask you to identify one step you can take to feel better about it.

Once you’ve let them know these conditions - then game on!

2. Give the session only 15-20 minutes max. Get it out, then have them ask you the next step question.
3. Apres vent: Take a moment and step back.

Feel your body. Feel if any emotion came up?

The situation is over and now in the past.

You cannot change the problem, but you can change how you deal with it - by not keeping the charge alive outside of this sacred venting circle.



4. Now, you are done with it. You do not want to keep talking about the problem. Take time to watch your mind, notice if you start to go back there.

Forgive even if you feel wronged here. You do not have to say it to them, but always understand that (if there is another person involved) they did their best.

If you want to write a letter or email, do it. But, whether you decide to just “draft” it or to send it, own your part in it.

5. You are in charge of your happiness.

Say this out loud: “I release the need to focus on this or give my energy away.”

Get back into the moment and feel your body, notice something in your environment you appreciate and begin to promote what is working in your life.

When you are done, let it go - and don't talk about it anymore.

Hillary

