

You Hold the Power!

By Krista Morrissey of Choices - Coaching & Consulting



It's time for bed. You are exhausted, but sleep eludes you. Out of the corner of your eye you see something lurking in the corner? It is not the sand man. These dudes are bigger. They loom over your bed like giants. **THEY ARE GIANTS!**

Emotional giants that control your life.

You are angry your spouse didn't do the dishes, again! (the angry giant). You are jealous your neighbor has another new car. Not any car, your dream car (the jealousy giant). The co-worker you mentored the past two years is promoted to the position you trained for (the resentment giant). Your client accepted the first version of your proposal. You should have asked for more money (the greedy giant). You

tried another diet and it didn't work. It worked for three of your friends and they look great (the failure giant). How do you sleep having these giants tuck you in bed each night?

You all carry heavy emotions. It is how you react to and live with your emotions that counts. Your emotional giants stuck their claws in you years ago. The more you look back and critique yourself and your life, the stronger your emotional giants get. Their energy comes from you. If your time and energy is focused on the past that is exactly where you will live. Instead, bring forth the wisdom gained from your mistakes and regrets to strengthen you. Own your actions and name your emotions. It is then you change your relationship with your emotional giants. It is then you take your power back. They may never disappear but your changed relationship with them diminishes their power.

STOP being your own enemy. STOP holding yourself hostage. Let go of your anger, jealousy, greed, resentment and failure. STOP making it about the past. Make it about today. Make it about you. Make it about your future.

You hold the power to forgive yourself. When you forgive yourself, you shed the burden weighing and wearing you down. There is endless beauty in forgiveness.

Forgiving does not change your past. It does change your perspective of the past. It does impact your perspective of today. It does enlighten your future. Get out from under your anger, regret, jealousy, greed and failure. These emotions are blinding you to the lessons learned – the gifts of your journey. The weight of carrying these emotions every day is tremendous and painful. It pulls and strains every fiber of your being.

What emotional giant do you start the process of forgiveness with?

Reach me by calling 262-442-4303, emailing krista@choicescoachingconsulting.com or visit ChoicesCoachingConsulting.com.

How can *forgiving yourself* lighten the load you carry?



Order your copy of **Journey to Forgiveness**
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