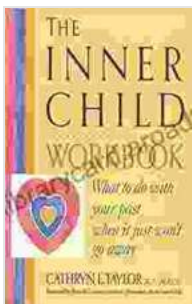


# What to Do With Your Past When It Just Won't Go Away

We all have a past. Some of us have pasts that are full of happy memories, while others of us have pasts that are full of pain and trauma. No matter what your past is like, it can have a significant impact on your present and future.

If you're struggling to deal with your past, you're not alone. Millions of people around the world are dealing with the same thing. The good news is that there is hope. There are things you can do to heal from your past and move on with your life.

In this article, we will discuss what to do with your past when it just won't go away. We will provide you with practical tips and advice that can help you heal from your past and create a brighter future.



## The Inner Child Workbook: What to do with your past when it just won't go away by Cathryn L. Taylor

★★★★☆ 4.6 out of 5

Language : English  
File size : 25678 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 525 pages  
Lending : Enabled

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There are many reasons why your past may not be going away. Some of these reasons include:

- **You haven't processed your emotions.** If you haven't had a chance to process the emotions that you experienced in the past, they may continue to haunt you. This can lead to flashbacks, nightmares, and other symptoms of post-traumatic stress disorder (PTSD).
- **You're holding on to anger or resentment.** If you're holding on to anger or resentment toward someone who hurt you in the past, this can prevent you from moving on. Forgiveness is not about forgetting what happened, but it is about letting go of the negative emotions that you're holding on to.
- **You're afraid of the future.** If you're afraid of the future, you may be more likely to dwell on the past. This is because the past can feel like a safe place, even if it was actually traumatic.

If you're struggling to deal with your past, there are a number of things you can do to help yourself heal. Some of these things include:

- **Talk to someone.** Talking to a therapist or counselor can help you process your emotions and develop coping mechanisms for dealing with your past.
- **Write about your experiences.** Writing about your past can be a therapeutic way to get your emotions out and start to heal.
- **Spend time in nature.** Spending time in nature can help you relax and de-stress. This can be a helpful way to cope with the symptoms of PTSD.

- **Practice mindfulness.** Mindfulness is a practice that can help you focus on the present moment and let go of the past.
- **Forgive yourself.** If you're struggling to forgive yourself for something that you did in the past, it's important to remember that everyone makes mistakes. Forgiveness is not about condoning what you did, but it is about letting go of the guilt and shame that you're carrying around.

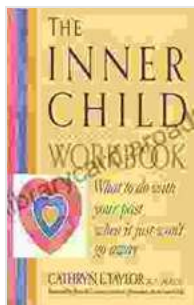
Moving on from your past can be a difficult process, but it is possible. If you're struggling to move on, it's important to remember that you're not alone. There are many people who have been through similar experiences and have come out the other side.

Here are a few tips for moving on from your past:

- **Set realistic goals.** Don't try to move on from your past overnight. It takes time to heal from trauma.
- **Focus on the present moment.** Dwelling on the past will only make it harder to move on. Instead, focus on the present moment and the things that you can control.
- **Surround yourself with positive people.** Spending time with positive people can help you to rebuild your life and move on from your past.
- **Don't give up.** Moving on from your past can be a difficult process, but it is possible. Don't give up on yourself. Keep working at it and you will eventually reach your goals.

If you're struggling to deal with your past, remember that you're not alone. There are many people who have been through similar experiences and

have come out the other side. With the right help and support, you can heal from your past and create a brighter future.



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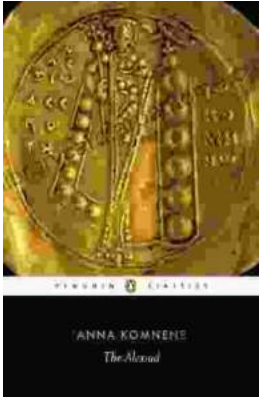
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