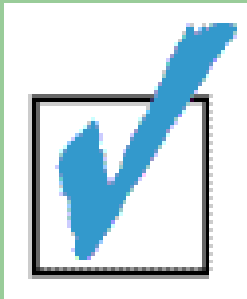


# **LET GO System-Lighten the Need to Control To Become Healthy**

*Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy*

Strategies for  
Success in Health  
Management

By: James J. Messina, Ph.D.





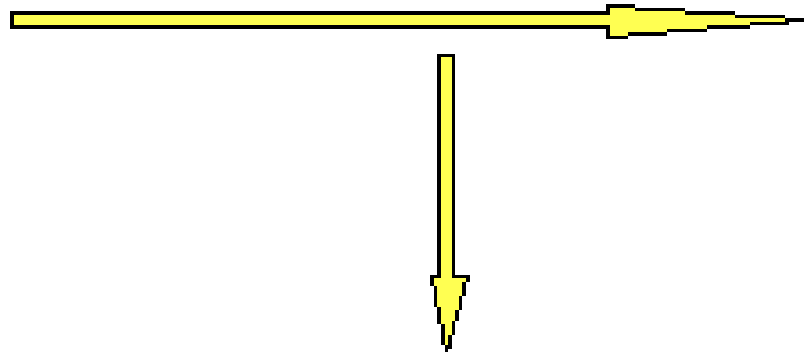
# LET GO System

- LIGHTEN NEED
- EXERCISE RIGHTS
- TAKE STEPS
- GIVE UP CONTROL
- ORDER LIFE

Stimulus  
Need to:  
Control  
Change  
Fix  
Rescue  
Enable  
Give Advice  
Correct

# LET GO

Old Response:  
Stress  
Anxiety  
Tension  
Insanity



Lighten Pressure  
Exercise Rights  
Take Steps  
Give Up Need  
Order Life

New Response:

Serenity  
Accepting Personal Responsibility  
for Self



# Lighten the Need

- Lighten the need to control & have things in life be the way you want them rather than the way they really are

## **Journal Work:**

- Identify those things in your life which you feel a need to control so that you feel happy, content and relaxed. How does this pressure to control impact your health? How does this pressure impact the choices you have made in your life which are unhealthy for you?



# Exercise Your Right to let go of control

- Exercise Your Right to let go of control over what you cannot change or control

## Journal Work:

- Identify what would have happened had you let go of the need to control those people, places, things and conditions in your life which you could not change? How did this effort to control affect your health? How did this effort to control contribute to your old unhealthy habits which impaired your health?



# Take Steps

- Take Steps to accept your personal responsibility for your own life & to let go of complaining about how life is supposed to be

## **Journal Work:**

- Identify what are the signs that you do not accept personal responsibility for your own life? Look at what how you blame others for how your life has been negatively affected and ask: if I had accepted responsibility for the negatives in my life how would my life had changed?



# Give up the Need

- Give up the Need to control people, places, & conditions & take responsibility to control just your thinking, feeling & behaving

## **Journal Work:**

- Identify how it feels to be free from the need to control others and how it helps you take better control of your own life. Now that you are letting go of the need to control others how much energy do you now have to take better control of your life, lifestyle and health?



# Order Your life

- Order Your life by stop blaming & controlling & grow in inner peace & serenity

## Journal Work

- Identify how the letting go of control contributes to a sense of inner peace and serenity. What are the benefits of this re-ordering of your life for your health and well-being? How does this letting go of control contribute to a healthier you? How committed are you to this new order in your life?





# Let Go Journal Writing

Identify situations you cannot change or control:

Identify people you cannot change or control:

Identify places or conditions you cannot change or control:

Identify behaviors you engage in by which you try to control and change the uncontrollable & unchangeable people, places, and situations in your life and state if they are successful in doing the control and changing which you want:

Identify alcohol or drug behaviors you engage in when you cannot control and change other people, places or situations in your life: