WELCOME TO

Let Go, Forgive, and Set Yourself Free!

WITH DARIAN SLAYTON FLEMING,

Certified Happiness Trainer and Licensed Clinical Social Worker

DISCLAIMER

- Does not subscribe to the medical model
- This is not therapy – no diagnosing in the workshop
- Self-help focus workshop
- Consult Workshop Facilitators for Therapy Referrals

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HAPPINESS

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LEARN KEY CONCEPTS

- ✓The Science of Happiness
- ✓Letting Go of Energy That Doesn't Serve You
- ✓What Forgiveness Is and Is Not
- ✓Living At Ease
- ✓Have fun!

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LET GO

Holding onto anger is like drinking poison and expecting the other person to die.""

~ Buddha

THE INNER EASE TECHNIQUE

When Feeling Stressed:

1. Acknowledge Your Feelings

- Notice them
- Name Them.

2. Take a Moment and Do Heart Focused Breathing.

3. Imagine, with each breath that you are infusing your mind and emotions with balance and self-love.

4. When you feel calm, affirm your commitment to maintain ease as you go about your activities.

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The Pillar of the Mind

Don't Believe Everything You Think

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NAME THE SHAME

Bring Unconscious Shame Into Awareness

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Judgment Detox: Release the Beliefs That Hold You Back From Living a Better Life by Gabrielle Bernstein (2018)

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JUDGMENT DETOX

Release the beliefs that hold you back from living a better life.

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JUDGMENT DETOX

Sentence Completion Exercise

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QUESTION YOUR THOUGHTS: THE WORK

Think of a belief or judgment

1. Is it true?
2. Can you absolutely know that it's true?
3. How do you react when you believe that thought? What happens?
4. Who would you be without that thought?

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THE R.A.I.N. TECHNIQUE

- Recognize
- Allow
- Investigate
- Nurture

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Brach, T. (2019). *Radical compassion: Learning to love yourself and your world with the practice of RAIN*. Viking.

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THE R.A.I.N. TECHNIQUE

- Sentence Completion Exercise

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THE LETTING GO PROCESS

1. Focus on an issue you would like to feel better about.
2. Ask yourself, could I let this feeling go?
3. Ask yourself, would I let this feeling go (am I willing to let this feeling go?)
4. Ask yourself, when?

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THE LETTING GO PROCESS
SENTENCE COMPLETION

1. An issue I would like to feel better about is . . .

2. If I let this feeling go I would feel . . .

(If I let this feeling go my life would look like . . .
what relationship would be improved?
What would I be doing?)

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ESCAPING THE APPROVAL SEEKING TRAP

"Stop looking outside for scraps of pleasure or fulfillment for validation or security or love. You have a treasure within that is infinitely greater than anything the world can offer."

- Eckhart Tolle -

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ESCAPING THE APPROVAL SEEKING TRAP

Sentence Completion Exercise

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HAPPINESS IS NOT SOMETHING READY MADE. IT COMES FROM YOUR OWN ACTIONS.
~ DALAI LAMA

Release the beliefs that hold you back from living a better life.

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DEDICATED TIME

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CELEBRATE

In closing…

Thank you for
making space for this
work with me today

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