



The Giveaway

Possibly the most simple and powerful “emotional management tool” we have at our disposal.

More and more people appear to fall into the same trap, “missing the opportunity to truly express themselves when the need arises”. They carry emotions around with them for years, when what they should have done; was to get the issues off their chest in the moment. We hold on to regrets, upset or anger, often generated through misunderstandings, and are quite happy to do absolutely nothing about it. What we do is let them fester, it's a lot easier to be non confrontational, and let these pent up feelings eat away at us, or make us bitter and twisted. Frankly they will eventually make us ill.

So what is a giveaway?

When doing a Giveaway, we download on paper our honest thoughts and feelings, the ones we should have expressed, but didn't feel we could at the time. There are no restrictions as to whom we can write to. Alive or dead, from your childhood or present time, everyone is available for this method of self-expression. The key is to write to each person who stimulated a strong, negative emotion in you through their words or actions.

As you write, the emotions download onto the paper, so never read it back to yourself as you go, (that will only serve to take back the emotion you are trying to rid yourself of). When your letter is finished screw it up immediately so you can't read it. By the time you have finished you will feel considerably better than when you started. If you don't, you may not have covered it all off, so do another one, on the same subject to the same person until the weight is lifted.

There are a few simple rules: -

- Always begin the Giveaway as a letter i.e. Dear..... This makes it personal from you to them.
- Be honest and true to yourself, so don't censor what you write.
- Don't worry about punctuation or spelling.
- When you have finished, screw the paper into a ball, take it outside and set fire to it in a safe place.

The most important rule of all : - NEVER READ IT BACK TO YOURSELF

The point of this exercise is to get that pent up, festering energy out of you ... if you read it back you reabsorb the energy.

A final thing to consider; the use of this tool is endless. The list of people or situations with which it can be applied will change daily and the most difficult Giveaway you will have to complete will be the one addressed to YOU.

Be true to yourself you deserve it!.