



Discover Your Soul Self

Awaken. Reflect. Become Whole.

Letting Go of Emotional Baggage Worksheet

A simple worksheet for tracing what you are still carrying, what it made you believe, and what old rule you are ready to stop obeying.

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Use this when: a memory, person, or old situation still lives in your body, your reactions, or the way you see yourself.

The Chain to Notice

1. Event or Memory

What happened, or what are you still carrying? Keep it factual first.

2. Body Reaction

What happens in your body when you think about it? Tight chest, tight throat, stomach drop, collapse, numbness?

3. Meaning

What did your system make this mean about you, other people, or life?

4. Emotion

What feeling is actually here? Shame, anger, grief, fear, loneliness, guilt, disappointment?

5. Behaviour

What old behaviour formed around this? People-pleasing, shutting down, over-explaining, distancing, proving, rescuing?

6. New Choice

What old rule are you ready to stop obeying, and what one steadier response could you choose now?

Work Through It

1. What am I still carrying?

Name the memory, person, event, or old story that still feels emotionally charged.

2. What did it make me believe?

Examples: I am too much. I am not safe. My needs do not matter. I have to stay guarded. I have to be strong all the time.

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Keep going gently. You do not need one giant breakthrough. One clear layer is enough.

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3. Where do I feel this in my body?

Notice where the emotional weight shows up physically.

4. What emotion is underneath this?

Name the feeling if you can. If not, start with what feels closest.

5. What behaviour formed around it?

How has this old meaning shaped what you do now?

6. What old rule am I ready to stop obeying?

Examples: I have to earn love. I cannot trust myself. I need to keep everyone happy. I should stay quiet.

7. What is one new response I can choose now?

Keep it simple. One boundary. One pause. One honest sentence. One choice that proves the old meaning is not in charge.

Want to understand the whole pattern underneath?

Inside my free course, Deprogramming 101, I walk you through how old programs, identity, filters, emotions, and behaviours keep repeating so you can start choosing differently.

Join the free course at [The Sovereign Living Project](https://TheSovereignLivingProject.com)

Reminder: Letting go is not pretending the past did not matter. It is noticing where the past is still making present-day decisions, and choosing not to keep obeying the old meaning.