

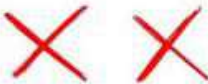

DALE NEXT! NEWSLETTER: 7 PHRASES TO TRANSFORM ATTACHMENT INTO EMOTIONAL INDEPENDENCE

This week, if you want to let go of attachments, the first thing you need to change is your mentality. Because the messages you tell to your brain, is what your brain will believe and do.

- ▶ Those messages will either push you to move forward, or...
- ▶ They will keep you stuck as a victim and feeling unhappy.

Here the most common 7 attachment phrases I hear in therapy, and how you can transform them in Next! phrases of Emotional Independence.

Discover with which one you identify yourself.

Attachment phrases		Next! phrases
		
As it was so easy to let go.	→	Is not easy to let go, but I'm learning how to do it.
I can't live without him/her.	→	I can live with myself.
Is my fault that this happened, I can't forgive myself.	→	I assume my responsibility and learn from this experience, so it won't happen again.
I am a bad person.	→	I'm human, not perfect. I can make mistakes and I can also correct them.
How would my life be different if I would've done this or that?	→	What do I thank for today for making that decision yesterday?
I won't be able to do this or that.	→	I've already achieved things before, I could do that again.
What if he/she leaves me?	→	I he/she leaves, that person was not meant for me. I will be fine.

DALE NEXT!

con Mónica Venegas

