

Write A Love Letter

“Everything is energy and that’s all there is to it...” Albert Einstein. If we assume Albert knew what he was talking about, this would mean, thoughts, feelings, cars, broccoli, trees, the moon..all energy. The next important message from The Attitude Doc is to move that energy. By this I mean, if you are feeling frustrated, regretful, unforgiving...move that energy. One could choose to write a love letter. Journaling is said to be a vehicle to healing--emotionally, physically and psychologically. How it starts is by honestly expressing how you are feeling about a situation or person. The important word here is honesty. Write about your feelings, regardless of how yucky they may sound. Then under those feelings, look to see what’s there--sadness, disappointment etc. Next, might come your fears, or guilt about the issue, and lastly what may surprise you is a willingness to forgive, take responsibility for the circumstance, and be ready to move on. Two powerful words, “I’m sorry,” will free you and give you a new perspective.

You may be thinking that it’s too good to be true and that the negativity you’ve carried around for a period of time just can’t go away that quickly. However, this procedure offers insight, deeper awareness and ideas to flow. Evaluation and curiosity are also a part of this healing. Use the word “fascinating” to put a new spin on the situation. Ideas that can propel you forward towards a new trajectory to completeness. It’s extremely healthy. Try it, you’ll like it.

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