



## **Putting Issues to Bed and Letting them Go**

I really noticed the shorter days this week and the way that Nature is shutting down for the Winter. Summer flowers are dying off and the leaves are almost off the trees. Nature is very good at putting things to bed so that it can replenish and build again.

I have spent some time this week considering how I “put things to bed”. I have come to realise that there are some people with whom I interact who have a tendency to keep going back over the same issues and never really getting to a point where the issue is fully closed and they let go and move on. Old events are talked about over and over, and perceived slights are re-experienced without closure.

I find such interactions challenging for a number of reasons, the most fundamental of which is the waste of energy. I find it very difficult to understand why people spend time and effort raking over old disagreements and problem situations. However there is often a common pattern to these discussions. Many times the solution that was reached at the time has not actually been accepted.

Somehow by continuing to talk about the situation there seems to be some expectation that some new solution or justification can be arrived at. There often seems to be a mismatch between the spoken solution and what is actually processed in the individuals head

How often have you re-played situations in your head where you did not get your own way and had to compromise? Re-playing the situation can be constructive, particularly if we use the process to identify and learn how we could have handled the situation more effectively. However what often happens, when we replay a situation in our heads, the negative elements get highlighted and the more positive elements ignored. Have you ever used phrases such as “I wish I’d said..”; “I should have said that.... “; “if only I had..”. Instead of consolidating things in our heads we create more doubt and ambiguity. We make it more difficult to accept the situation for where it currently is, put it to bed and move on.

And so my challenge to you this week is to take time to consider if there are outstanding issues in your life that “need to be put to bed”. Decide whether you need to go back and find a solution that fits you better, so that you can resolve the situation once and for all.

Alternatively you may decide to accept the situation as it currently stands and make a conscious decision to let it go and not spend energy on it. Then just like Nature you can put it to bed so that you can replenish and start over again.

Warm Wishes

Mary