



Venting and Negative Energy

I had an unusual experience this week that I would love to share with you. I met with an acquaintance, who took the opportunity of meeting with me to “vent”. After about fifteen minutes she felt better, relaxed and de-stressed and was appreciative that I had given her the time and space. Nothing particularly unusual in that and it is well acknowledged that the venting of emotions in a safe environment is psychologically healthy and good for us as individuals.

What was unusual, was that this woman was venting about a current situation and also about past hurts and perceived wrongs in relation to her partner. Let me explain. The couple, like many others had developed patterns of behaviour that were great when they started, but now, over 10 years later just irritate and annoy.

In this particular situation the venting is never going to resolve the underlying issues. Nothing other than open and frank communication will resolve their situation. In these circumstances venting just gives temporary relief rather than get to the root cause of the problem. The benefit of venting to get rid of negative emotion doesn't happen because the individual continues to hold on to the negativity in their head. There is no letting go.

Venting can be useful to assist people in letting go of negative emotions (it should of course be done in a safe, non-harming way). However when the cause of the venting is an ongoing situation it is considerably more effective to address the underlying situation and put new patterns and processes in place that will replace the negative emotions with more positive ones. Holding onto and internalising negative emotion is not good for mind or body.

In some situations, particularly in relation to work matters, people can often feel that they have no power to change the situation and it continues to cause stress and frustration on an ongoing basis. In such situations the individual can still change how they allow the situation to affect them, they can control their responses and thoughts.

And so my challenge or you this week is to consider how you let go of negative emotions, do you vent? Do you pound it out at the gym? Does the process you use to let go of negative emotions work for you? Do you actually let go and close the situation or do you hold onto some of the negativity (holding it in store for the next time)? If the situations are recurring what changes can you make to reduce the levels of negativity?

Warm Wishes

Mary