



Often after a difficult moment, we hold on to experiences and thoughts deeply within us. When we avoid those fears and thoughts, they can grow. They can fester and become quite unhealthy for us.

The old belief was that by keeping quiet about our fears or negative thoughts they would go away, but the truth is that when we name them, they are lessened in our bodies and souls.

The Clutch and Release tool can relieve this tension. We name our fear, what we are holding on to, and then release it. Here is how:

Write on a piece of paper what it is you wish to let go of right now. Maybe it is a worry about the future, a wish for a different present, or a hope that likely cannot come true. An example is, "I would like to have my loved one remember me even though he has dementia." Or "I want to be the way I used to be."

Take that paper slip and crush it in your hand with your arm held out in front of you. Squeeze that paper and hold it as tightly as you can. Squeeze the wish, hope, or thought... feel the tightness of your fist, your fingernails in your palms, and your arm muscles. Speak the wish while clutching it.

Next, with an exhale, open your hands with the words, "I release this." Hold open your hands and let the paper feel weightless. You are not letting it completely go, but you are releasing its hold on you.