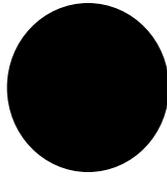


## Letting Go of Your Ex



1. We can help ourselves move on from a relationship by re-imagining them in our minds. Just like a movie director we can alter our perspective and make a new movie or change our images of the old one.
2. Recall what your ex looked like. What are they wearing? How tall are they? What expression is on their face? What are they doing? Where is the picture of them located relative to you? Is it in front of you, or to the left or the right? Is it life size or is it smaller? Is it a movie or is it a still image? Is it solid or is it transparent? Do you hear their voice? Now notice the feelings that arise in you as you hold these images in your mind.
3. Bring to mind the pictures that you have of your ex partner. Notice where they appear, how big they are.
4. Now drain the colour out of the image until it looks like an old black and white photograph.
5. Move the picture away from you, further and further until it is a tenth of its original size.
6. Shrink it even further, right down to a little black dot.
7. Notice now the feelings that you have about your ex partner and compare then to what they were at the beginning of the exercise.

*N.B. If you need to you can also change these factors to make a difference:*

- *The speed the images move at*
- *The colours in the picture (blue is usually a calming colour)*
- *The soundtrack- making it humorous /distorted/ different script*
- *Focus, **picture your ex in their worst moments***
- *Action*
- *Camera focus*

*(From How to Mend Your Broken Heart by Paul McKenna and Hugh Willbourne)*