


# FUNSHEET



EPISODE 72

## 5 WAYS TO UNLOAD YOUR EMOTIONAL BAGGAGE

**ABSOLUTELY**  
 **WRITE**  
WITH ADITI SURANA



# 5 WAYS TO UNLOAD YOUR EMOTIONAL BAGGAGE

In today's short friday episode let's talk about:

1. What is emotional baggage?
2. If we all know it is exhausting, why do we carry it around?
3. 5 ways to unload your emotional baggage.

Emotional baggage is any \_\_\_\_\_ *emotional turmoil* caused by childhood trauma, abuse, or any traumatic experience.

What happens if you do not resolve any hurt, upset or misery that you experience? You push it somewhere. Hoping that one day it will disappear on it's own. As attending to it right now is extremely painful, trying to forget it will help you resolve it.

You know that this baggage is exhausting you - why do you still carry it around? (Because it is an essential part of your story. It is the script of the movie that you are acting in.)

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Let's accept that at some level our emotional baggage is \_\_\_\_\_us, helping us justify our choices, pain, anger, guilt and mistakes.

## ***Let's look at 5 ways to unload your baggage.***

### *1. what to do when you can't stop thinking about something?*

Some traumatic, painful emotions take time to play out fully. At times the hurt is so deep that you cannot easily come to terms with it. In this case, use Journaling. Use handwriting to physically write down your live, unattended, unsettled feelings.

Pick one issue that ails you the most, set a timer of say 20 - 30 mins and go as intense as you feel like.

(You might want to blame, abuse, crib, cry, bitch. Do all of that in your writing session. Here is the trick - Break all hail loose. And repeat the same issue 4-5 times in that week. In my experience, after doing this for 3 times, most people run out of steam. )

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*2. Memories, where you were not wrong but still had to pay a price*

Even if you were wronged according to you, can you go back and change it? Are you saying you are letting your mind and body suffer only because one person is refusing to say sorry? We lack that objectivity as we can't look at things from a neutral or calmer perspective.

*3. Your emotional baggage allows you to not repeat the mistakes.*

Can you separate lessons learnt from the drama? Write about an incidence where you are mixing the two!

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*4. Guilty about letting someone down.*

This is a tough one as when we feel guilty we stand against us. We can fight other people's judgments with rational thinking but you can't use logic to fight yourself.

My question to you is - if you have hurt someone or broken their trust then can you -

- Do anything to make up for the damage done?

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- Can you apologize for your part of the damage?

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- And no matter how tough it is can you forgive yourself?

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### *5. Fighting the childhood baggage*

Write down your experiences and choose one baggage over the other.

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# CALMSUTRA WITH ADITI SURANA

A graphotherapy practice to induce calmness

Join us every Monday for a Calmness based handwriting meditation called, 'Calmsutra with Aditi Surana'. Aditi will be doing a handwriting based meditation process, live on Instagram for 12 minutes,. All the details are mentioned on [www.aditisurana.com/calmsutra](http://www.aditisurana.com/calmsutra)



## Graphology Masterclass for beginners

We are keen to know what were your takeaways? What small action will you be taking today to improve something in your life? Do share your experience and send your questions on our instagram handle @Aditisurana.

To learn graphology or know more about how Aditi can personally coach you, visit our website [www.aditisurana.com](http://www.aditisurana.com)