

# A.W.E

March 2, 2018

A.W.E focussed on the vital task of:

## DEACTIVATING TROUBLING MEMORIES

- A. There are some things we wish we could forget
- B. Some memories bother us for years
  - Upsets us as we think about them
  - Gives us sleepless nights
  - Affects our relationships
  - Can't forget – or forgive

The Task: learn ways to DEACTIVATE our active memories

1. Block the memory
2. Allow the memory to fade out. Stop rehearsing it
3. Filter out / Filter in
4. Focus on good memories
5. Gather round the harsh memory some softening, soothing influences
6. Avoid people, places that remind you of things you want to forget
7. Construct forward and future fantasies
8. Be ready to find release from upsetting memories
9. Identify healing influences, healing places, healing people
10. Find a person who can point you to areas of your life that will be healing and enhancing
11. Believe in the possibility of reshaping the way you will think
12. And more.....

**Age with expectation**

**Positive expectation**