

# JUST LET IT GO! 4 STEPS TO HELP YOU MASTER THE ART OF LETTING GO

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*How do I react when things don't go my way?*

*Our minds think they're in control of everything and it's the mind that kills us when things don't go our way.*

## THE WORLD OPERATES INDEPENDENTLY & IS MOSTLY OUT OF YOUR CONTROL

*There's only a tiny portion of things you care about & they create all the chaos in your world. Caring too much about all the little things in life might be keeping you in pain.*

## TO FEEL MORE IN CONTROL, YOUR MIND CREATES ASSUMED NECESSITIES

*You acquire things you do & don't like. We're too afraid of not getting what we want or getting what we don't want.*

## WHEN YOUR ASSUMED NECESSITIES ARE VIOLATED, OUR MINDS REACT

*When we don't get what we want, we use a lot of energy to fix or correct rather than let it go.*

## YOUR POWER TO 'LET GO' COMES FROM THE INSIDE

*We have no power to control the world but we can control our reaction. Let negative thoughts float up & away like a balloon.*

# reflections:

How do I normally react when things don't go my way?

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Are there things in my life that I care too much about that I can let go of?

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What are some of my assumed necessities (like & dislikes)?

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How can I better observe & let go when my assumed necessities are violated?

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How would my life improve as I developed the power of letting go?

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*Notes:*