

## Releasing Relationship Pain

Often times when a relationship ends there are things left unsaid and questions left unanswered. Through the use of this technique you can resolve these issues and allow yourself to move on and let go of the past. This technique can also be used with those that are now deceased.

Sit yourself in a quiet space where you will not be disturbed. Ideally have an empty chair or seat opposite you. Close your eyes for a moment, and take a few deep breaths and allow yourself to relax and let go.

When you open your eyes imagine that you can see the person with whom things are left unsaid sitting opposite you. All you need to do is to pretend they are there, so if you think you are having problems visualising just pretend.

Say to the person whatever is on your mind, whatever you want to release. If there is a situation that you want to resolve, for example the break down of a relationship then talk about that.

When you have finished you may want a response from them. If so then go and sit in the other chair and pretend you are them answering back. Keep your mind focused on what was said when you do and allow the answer to flow. Remember that if you consciously say what you want to hear rather than what you really hear you are only cheating yourself, no one else.

When they have finished speaking, sit back in your original chair.

Keep up the conversation, moving from chair to chair assuming the other person's persona when in their chair until the conversation comes to an end. Then return to your original chair and thank them for their time before going about your business.

This technique is incredibly valuable for letting go of pain, guilt and hurt from any sort of relationship, not just romantic relationships. Often when performing this technique you will be surprised by the answers that you receive from the other person.

Through a technique such as this you are able to finally let go of pain from the past so that you can move on. The pain that you have been holding on to from these past relationships may well have been preventing you from having the fulfilling relationship you've always dreamt of.

You can also engage your sub-conscious in releasing the past through the Releasing Emotional Blocks Audio CD and the Karmic Cleansing program, which are both available from the website below.

Enjoy using this technique, and remember, it can be used for many more things than just releasing relationship pain.

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### About the Author

Jason E. Johns is a personal success coach specializing in helping you achieve your dreams & resolve your personal challenges through an innovative & compassionate approach. Based in Milton Keynes, England, you can discover more about hypnosis & how it can help you at <http://www.StateOfHypnosis.com>