

SECRETS

Pretend you can separate yourself from the part of you that holds your secrets. Consider the most impactful secrets first.

Give “keeper of secrets” a name _____

Briefly outline the secrets (*keeper of secrets*) is holding. Avoid the nitty-gritty details.

Why has (*keeper of secrets*) kept these secrets?

Has there been a negative impact to holding on to your secrets? YES NO

If yes, how have the secrets negatively impacted your life? (Maybe you’re overly sensitive on certain topics of discussion or actions, or you suffer emotional depression or stress)

What advice would you give (*keeper of secrets*) to help him/her let them go?

Do you need to make a decision or life change before the secrets can be released? YES NO

If yes, what needs to happen?

How would it feel to let go of these secrets? Remember, you don’t have to share them. You can just release them and stop hiding behind them.

What is the smallest step you can take so releasing the secrets is easier?

What are the potential consequences to release your secrets?

Are you ready to act? YES NO

If “no,” what must happen to let go?

Take a few minutes, close your eyes, and ponder what happens if you act, and then if you do nothing.

Do the positives outweigh the negatives? YES NO

What would you tell (*keeper of secrets*) based on your assessment of the possible consequences?

Even negative consequences of letting secrets go might bring positive change in your life – especially the relief of becoming more authentic. Only you can decide when it’s time to let go. This worksheet may have confirmed your decision to continue to hold on to a secret, or given you clarity to free yourself from it. Either way, now you know what’s inside and how it’s affecting your health and wellbeing.