



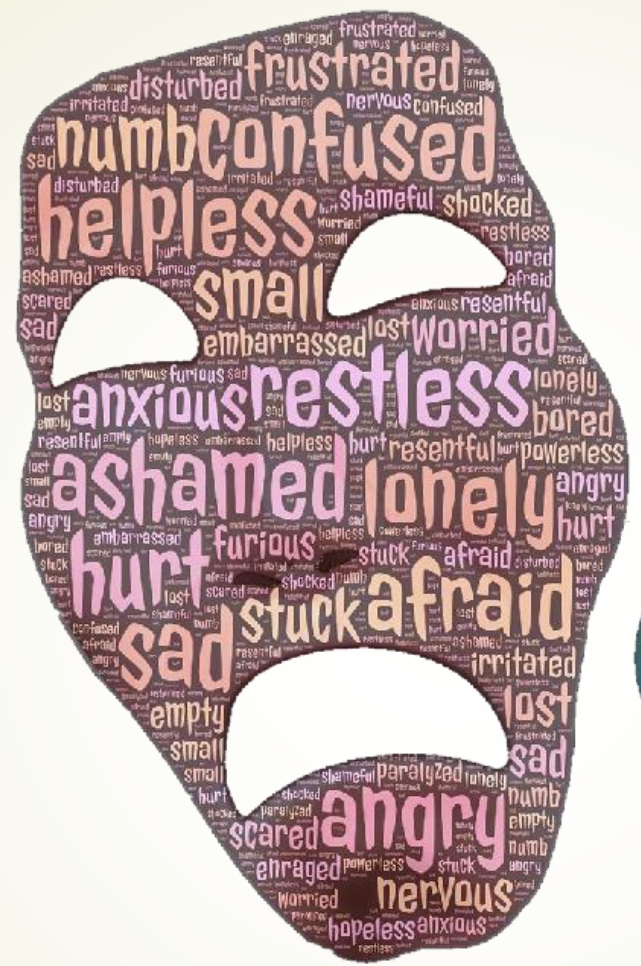
# Making peace with the past


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*You* ARE THE  
**-HERO-**  
OF YOUR OWN STORY


And the sum of your experiences







We each understand that difficulties are part of life, but when they come to us personally, they can take our breath away. Without being alarmed, we need to be ready. The Apostle Peter said, “Think it not strange concerning the fiery trial which is to try you, as though some strange thing happened to you.”







Along with the bright colors of happiness and joy, the darker-colored threads of trial and tragedy are woven deeply into the fabric of our Father's plan. These struggles, although difficult, often become our greatest teachers.





We search for happiness. We long for peace. We hope for love. And the Lord showers us with an amazing abundance of blessings. But intermingled with the joy and happiness, one thing is certain: there will be moments, hours, days, sometimes years when your soul will be wounded.--Neal A. Anderson



If you don't  
make peace  
with your past  
it will keep  
showing up in  
your present.



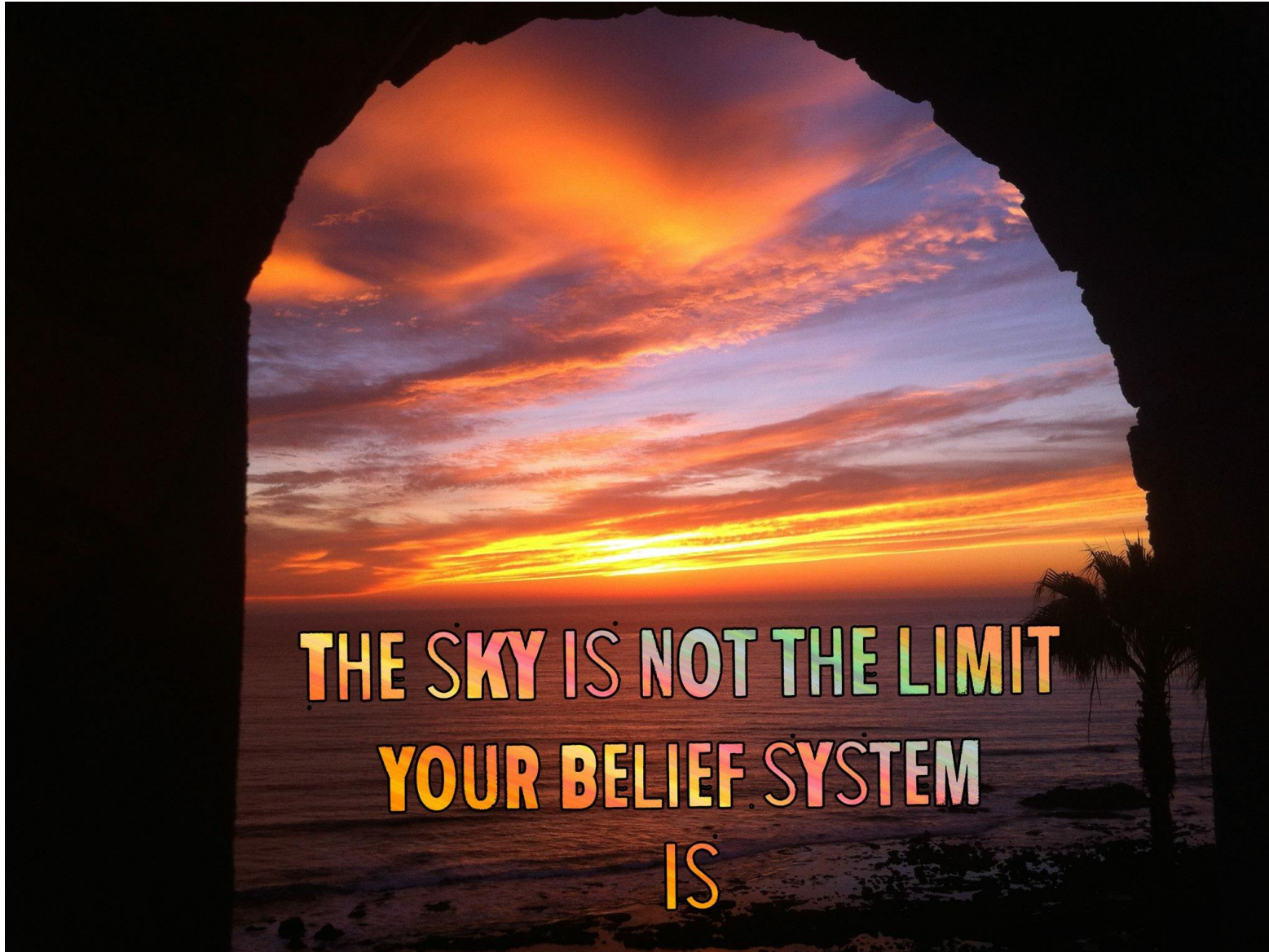
[KatrinaMayer.com](http://KatrinaMayer.com)



When We Change our Belief  
about our Story

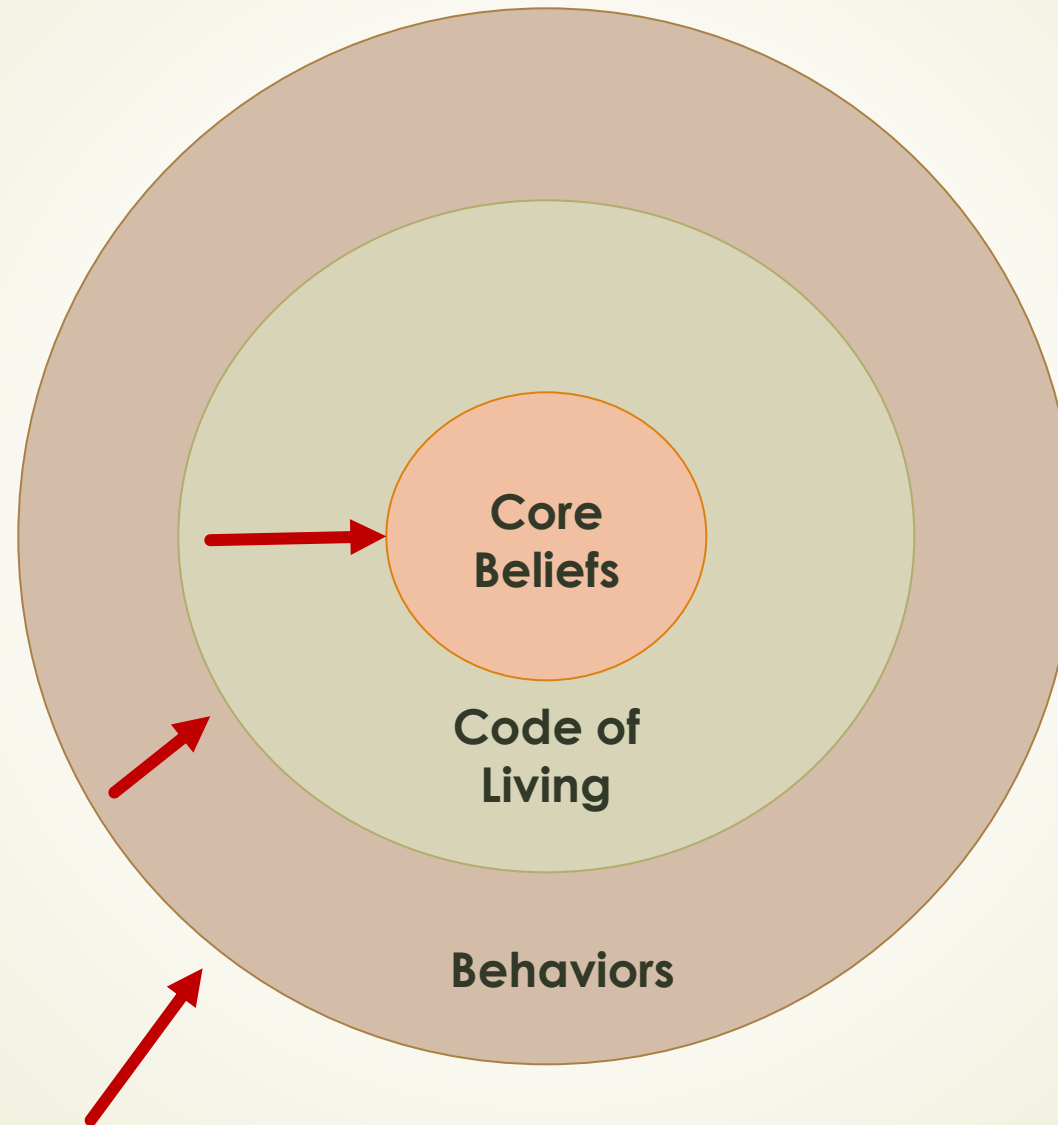
We Change our Future



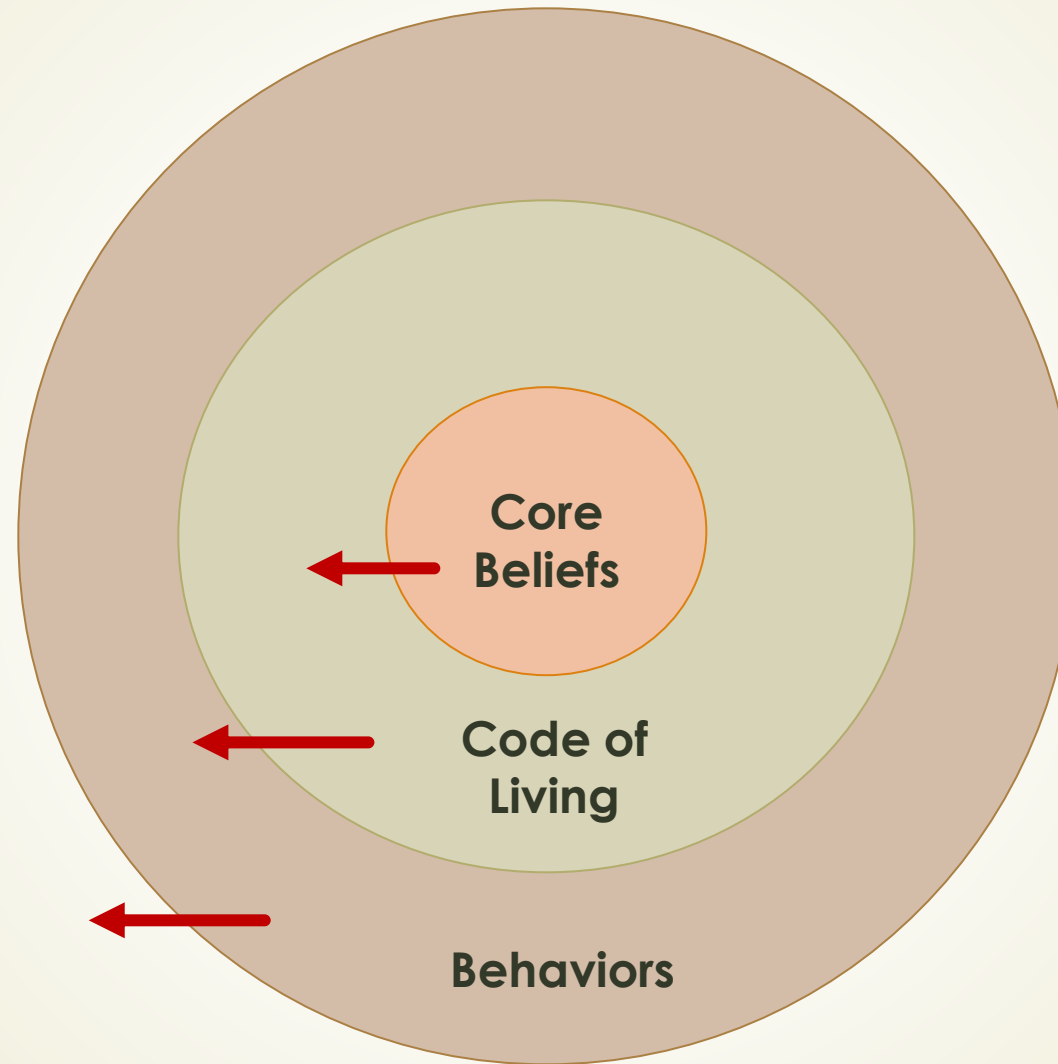


THE SKY IS NOT THE LIMIT  
YOUR BELIEF SYSTEM  
IS

# Traditional Change Model



# Change From the Inside Out





**The biggest  
obstacles in  
our lives are the  
barriers our  
mind creates.**



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# How to Change Perspective


**Make a conscious choice to let go of past injustices or mistakes and move forward:**

Think about why you feel stuck in the past:

- Guilt
- Shame
- Feelings of Worthlessness
- Fear
- Feeling like if you let go it will mean you weren't hurt
- Unresolved trauma
- Romanticizing the past
- Using the past to distract from the present
- Grudging
- Angry feelings caused by the past help you feel powerful or protected



# Look at yourself and others with Curiosity instead of Judgement

- ▶ Step back from the situation and become curious
  - ▶ “First seek to understand and then be understood.”—Stephen Covey
  - ▶ Try to see yourself or the other person as Heavenly Father sees them
  - ▶ Acknowledge your feelings and beliefs and look for other beliefs that may be valid or even closer to the truth
- 





# Let go of the “Whys”

Life by its very nature is not meant to be fair. Asking “Why Me?” is an interesting question, but one that leaves us stuck because there is no suitable answer.

*“God invites us to respond with faith to our own unique afflictions in order that we may reap blessings and gain knowledge that can be learned in no other way.”—Evan A. Schmutz*


The stronger and healthier questions to ask are:

**What** am I going to do?

**How** will I do it?



# Forgiveness—of self and others—is Key

- It is an exercise in freedom. When we forgive, we free ourselves of the attachment to the event that has kept us stuck
  - Forgiveness is a conscious decision
  - Forgiveness doesn't mean that what happened is now OK. It means that you choose to no longer carry the pain of the event
  - Forgiving does not mean forgetting. It means the event no longer has control over you
  - Forgiveness is not earned, it is given.
  - Forgive at your own pace
  - Call on the power of the Atonement
- 



To fully receive the gifts [of taking upon himself our pain and infirmities and supporting us through them] our Savior has so freely offered, we all must learn that suffering in and of itself does not teach or grant to us anything of lasting value unless we *deliberately* become involved in the process of learning from our afflictions through the exercise of faith.

—Elder Evan Schmutz






“Certain forms of suffering, endured well, can actually be ennobling. ...


“... Part of enduring well consists of being meek enough, amid our suffering, to learn from our relevant experiences. Rather than simply passing through these things, they must pass through us ... in ways which sanctify [us].”


--Elder Neal A. Maxwell





No injustice, no persecution, no trial, no sadness, no heartache, no suffering, no wound—however deep, however wide, however painful—will be excluded from the comfort, peace, and lasting hope of Him whose open arms and whose wounded hands will welcome us back into His presence.





Never give up—however deep the wounds of your soul, whatever their source, wherever or whenever they happen, and however short or long they persist, you are not meant to perish spiritually. You are meant to survive spiritually and blossom in your faith and trust in God.

—Elder Neil L. Andersen

# Strategies that help

- ▶ Realize and Remember you are God's child—he loves you and you can call on him. You are not alone
- ▶ Prayer and pondering
- ▶ Meditation [ask yourself: what am I learning?]
- ▶ Exercise
- ▶ Eat healthy
- ▶ Service
- ▶ Attitude of gratitude
- ▶ Take time for you
- ▶ Journal
- ▶ Talk with friends
- ▶ Keep Your Perspective
- ▶ Counseling if needed
- ▶ Medication if needed
- ▶ Prioritize

“Once you let go of what you wanted the past to be you can start changing the present and have a hope for a better future.”

—Regina Brett





