



Welcome!

The Truth about the Psychology of Letting Go

So many questions and so little time! We realize that when attending seminars, it can sometimes feel as though you are drinking water from a firehose, so feel free to use this worksheet as a tool to help you prepare for the audience Q & A portion of the program at the end. Remember... **every question is a GOOD question!!!!**

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My burning question starters:

I was wondering... I am curious about... I had this friend who wanted to know...
What if... I've always wanted to know... I heard... Would you clarify...

My burning question(s):

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Resource(s):

- How to Say It to Seniors: Closing the Communication Gap with Our Elders, by David Solie
- Text | Email | Letter to Loved Ones:

Hi there. I have a question for you and I need you to think about and then respond before ____.

What (if anything) of mine/ours would be important enough to you that you would want it in the event I/we died in the next 12 months? And why? What makes it important to you? Or why would you want it?

It's not meant to be morbid and it's a serious question. I/we want your serious answer. Thanks! I/we love you!

Exercise:

Items I am now (or anticipate) struggling to let go (furnishings, household goods, jewelry, clothing, collections, etc.). Rate the item(s) on scale from 1 to 10 (1 - minor struggle to 10 - major struggle).

___	Kitchen:	_____
___	Dining:	_____
___	Living:	_____
___	Bedrooms:	_____
___	Office/Study:	_____
___	Closets:	_____
___	Garage:	_____
___	Attic:	_____
___	Basement:	_____
___	Shed/Bldg:	_____
___	Other Storage:	_____
___	Other:	_____

Things I anticipate I will miss most about my current home / residence:

1. _____
2. _____
3. _____



Write down what these items represented to others. What meaning do they hold for you and where does that meaning originate?

Example: Grandma's china represents holiday family gatherings that were special. They represented special occasions and family coming together and originated when I was in grade school. It makes me think of my grandma, my mom, and my great aunts who always helped prepare the meals.

When you think about letting go of the items listed on the previous page, what FEELINGS come to the surface? Write them down here.

Example: When I think about letting go of my grandmother's china, I feel guilty, a little sad, and very nostalgic.

If you were to have a conversation with the item (or the giver/maker of the item), what would you say to it (or them) as you let the item(s) go? (You don't have to write these down. You can say them out loud or to yourself).

Example: Hello, china dishes. I really enjoyed my time with you as a kid. Now I use dishes that I can put in the dishwasher. This gives me more time with the grandkids. Ma, I know that you loved these dishes, but I also know that you would understand that I no longer need them. I sure miss you and the amazing meals you served on them!

Have a conversation with your home (or rooms or spaces). Tell it how much it meant to you and what you will miss as you move on to the next chapter of life.

Example: Hello picture window. I sure will miss the view of my birds outside each morning. I sure hope the new owners will love it as much as I did. I won't miss cleaning you, but I'll miss the views you have shared with me.