



## Letting Go...

Dealing With Loss

September 2008

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[Healthy Living Expo  
of South Jersey](#)

**Sponsored by Chris  
Sopa International**

Sunday, November 2, 2008

11am-3pm

Eastern Senior High School  
Laurel Oak, Rd.  
Voorhees, NJ 08043



### Some People

Some people come into our lives & quickly go.  
Some people move our souls to dance.  
They awaken us to new understanding with the  
passing whisper of their wisdom.  
Some people make the sky more beautiful to gaze upon.  
They stay in our lives for awhile, leave footprints on our  
hearts,  
and we are never, ever the same.

### Letting Go

Throughout our lives we experience many people who come and go. Some stay for a long while and others float out as quickly as they floated in. Whether we are letting go of a loved one who has passed, a relationship that has ended, an idea, or even an old story we have held onto for a long time, the process we go through to heal is the same.

In the last few months I have experienced many individuals coming into and out of my life that are dealing with some kind of loss. One friend is losing her father to emphysema, another is losing his aunt to cancer, another is experiencing the pain of a relationship break up and yet another just lost a job that he had for over 20 years. All are grieving something different but the process they are going through to heal is the same. All of them are scared, angry, sad and bitter, all at the same time. Yet as we move through the initial pain of the loss, these harsh feelings tend to turn around. How much they turn around is at the sole choice of the individual.



### Learning to Let Go

When I lost my father in April of 2007, after a long and tedious grieving process, I learned many things about letting go.

**You need to feel to heal**

My friend and brilliant coach Elaine Kempfski of Inner Journey Coaching coined this phrase and it is so perfect. Many of us are afraid to feel because it hurts. No one wants to feel bad. But what we must learn is that our feelings are what make us human. If you feel bad all that means is that at some point in your life you must have felt good or you would not know what bad feels like. Chose to move beyond the pain. Feel it and let it go. Cry if you have to. Let it out for God's sake! The longer you let it stay inside, the more painful it becomes.

### **Take the lesson and leave the experience**

When many people experience a loss, they drag the entire experience around with them for days, months and for some, even years. Reliving the experience over and over again in your mind pulls the energy and emotion of that experience constantly to present time. You will talk about the experience like it happened yesterday, even if it happened 5 years ago! Think about what you learned from the experience, take the lesson and leave the past in the past. When we constantly dwell on what we lost, we are missing the people and opportunities right in front of our eyes.

### **Honor and Forgive Yourself**

Many times when we experience a loss we tend to blame ourselves in some way. Most of the time when we are angry, we are angry at ourselves for something we said, did, didn't do or should have done. Learn to honor yourself by remembering that you are human. We are not perfect. We are meant to make mistakes because this is how we learn. Don't relive what you did or could have done over and over again in your mind. The only way to let it go is to forgive yourself. You are the only one who can give yourself that closure. No one else.

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There is a story I heard a grandfather telling his grandson about two wolves that live inside of us when something bad happens, both fighting to survive. One wolf is kind, loving, forgiving, nurturing, compassionate and respectful. The other is bitter, angry, mean, disrespectful, hateful and full of rage. "Which one will survive?" the young grandson asks his grandfather. The grandfather pauses and says, "Whichever one you feed."

## **Faith**

*Have faith that you will never be given anything you cannot handle.*

*Faith in yourself. That you can handle anything that comes your way.*

*Faith in your contract. That although you may not remember the reasons for it now, you chose certain experiences in your life for a reason.*

*Faith in other people. That they are here to teach you lessons as they fulfill their own contract.*

*Faith in the process. That each step has a lesson and each thing that happens in your life happens for a reason.*

## **See Chris Sopa Speak Live at the Following Events:**

### **Cecil County Chamber Workshop**

"Managing Your Business Like Your Life Depends on It"

September 15, 2008

8-12pm

North East, MD

### **Maryland Association of Boards of Education**

#### **State Conference**

"Balancing on the Board"

September 24-26, 2008

Ocean City, MD

**Office of Higher Education of Women**

"Making the Dance Your Own"

October 16, 2008

New Castle, DE

**News4Women**

"Call Back Your Power"

October 29, 2008

Wilmington, DE

**Healthy Living Expo of South Jersey**

"Healing from the Inside Out"

November 1, 2008

Voorhees, NJ

**Women Who Walk Conference**

"When YOU Finally Come Into the Picture"

November 13, 2008

North East, MD

**APGFCU Womens Conference**

"Living a Balanced Life"

November 15, 2008

Bel Air, MD

**DE SHRM State Conference**

"Empowering Your Employees to Live Better..and Work Better"

November 19, 2008

Dover, DE

**eWomen Network**

"Living a Balance Life"

December 2, 2008

Bucks County, PA

**MD SHRM State Conference**

"Got Balance?"

December 4, 2008

Adelphi, MD

## **Corporate Coaching and Development**

Chris Sopa specializes in organizational behavior change and development, focusing on how to motivate and enhance the performance of your employees. Coaching and development focuses on interpersonal skill development, skill and knowledge comprehension of job duties, stress management, balance and time management skills, communication skills and internal confidence and self-esteem.

Please call for more information or visit our website at [Chris Sopa Workshops](#).

302-521-3115

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## **Need a Speaker?**

If you need a speaker for a corporate function or conference, please contact Chris Sopa's Speaker Agent:

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