



Episode Transcript – 015 – Letting Go of People – Part2

Introduction

Welcome to Remembering to Be Me, a podcast that helps you find your own way to a place of authenticity and service of others in a world that is ever changing. I am your host, Jenn Shallvey and I invite you to join me on a journey of reflection, insight, and wisdom, as well as be challenged into growth and change. The choice is always yours. I simply hold the space, and offer an invitation and support you in the process. As you find your own way to balance the ups and downs, be rewarded with freedom, contentment, happiness, acceptance, peace of mind, and clarity. Trust yourself, discover more of the real you and share your wonderful, amazing whole self with the rest of the world. This is not always easy. So, start with this simple message to yourself, "Be me, and when I forget, remember to be me."

Main podcast

Hi. This is Jenn Shallvey welcome back to the Remembering to Be Me podcast. As you may already notice, I did start a series titled letting go, and I've already done a few episodes on that. We talked about letting go of stuff, letting go of places. And then I started to do letting go of people and have done two sub episodes for that. Today is the third and final part of the letting go of people episode. So if you haven't had a chance to listen to the other two, maybe go back and do that. It doesn't matter. It's extra information that will help set the context for today.

Today, I would like to focus on the bigger picture and help you with more of the intention I have for this series, which is to live and be in this world by letting go of that, which no longer serves you or others. Because we are talking about people, this is not an easy topic. I don't think I need to tell you that it already is one that often is filled with emotion and other aspects of our way of life that we may or may not want to let go of either. There is association there is perception, there is a personality aspect to the people component. So this is much greater in its challenge than I would say when we come to place and people are plays and things I should say.

So today, I want you to come to this episode with that in mind. There is an assumption that I'm also making that sometimes in our life, we need to let go of people in order for ourselves to have better wellbeing. It's more for our own good, if I can say it that way, just, it might even be temporary. It doesn't have to be permanent. But that is the context in which I am sharing here.

Why would you want to do that? Well, if you're letting go of people, you are letting go also of an aspect of your life that no longer works. And it could be a burden or a challenge that will be resolved and sorted by taking that energy away from your interactions and your relationships. To do that though, as I've said elsewhere, it is far more in depth and it is the last resort. So I've mentioned this before. In my other episode, it is the last resort. It is the ultimate thing where you say I have done all I could do. And the only answer I have now that I have discerned is appropriate for me is to do this letting go. Sometimes you have no choice. We will talk about that.

In doing this please remember a few things that are so important. And that is one it's not about judgement . It's not about right or wrong, who is better than the other. It's not at all about that. And that is absolutely 100% upfront a declaration I make when I say things like this. Because I know it can be taken out context that, 'Oh, someone told you to let go of a person', or you could have listened to Jenn's podcast and said, 'Oh, well she said, let go of a person'. I haven't said that. I'm simply saying it is possibly a way to go to be in a place that is better for both you and the other person. So it's not



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about an emotional reaction. It's about a considered response that you have discerned is appropriate for you in your life at this time. It is about being loving, caring, and unconditionally regarding of that other person, as well.

As you know, I've said, these episodes are not how to's they're meant to be contemplated and reflective. So as I go through today's episode, it's much more of a launching pad for you to and reflect and then meditate on what is right for you. And as you take this, you may find it more challenging. As I've said before, my introduction, we know that the challenge of letting go of people is far different than letting go of things. Things are inanimate. They don't talk back. You don't get a response when you let go of a thing. Do you? It's all internal within yourself. And likewise, when you think of a place, it's your attachment to that place, not somebody else's. You are letting go of that, not the actual place, physically still in your life. It is always going to be there. This is different because it's a person. And because that's the case, there is a decision, there's an action, there's a choice. And you are following through that, but you're doing that as part of a dynamic, a relationship of some sort, and that you may define in your own terms.

So I'm entering this conversation carefully. I'm putting up all the disclaimers here, because I really want to make sure that we are doing this with a constructive and helpful caring approach with compassion, because that is overall what I want to hold in this space. I don't want to mislead you into thinking that we go around dismissing people, telling them to go away. That kind of thing. We are not throwing away people.

It's healthy though, to be discerning about the nature of relationships that we are in and out of and how we reinforce them or in this case, let go of them. So some situations may mean that we need to temporarily step away or permanently, and we may function better. Likewise, the other person may as well, we don't know. We can also be affected by others letting go of us. And that's another dynamic. And so we might talk about that today, simply as a reason why you need to then let go. I don't want to talk about the reason why that person may have done that. So we're going through multiple different perspectives here.

And in a previous episode, I did explore a process and talked about the ways we think about others. And I'm going to do one that's very practical today when we think about who the people are in our life, because the default is to say, the converse of this is, when you discern who or a person you need to let go of you also reaffirm those that you want in your life. You are reaffirming the relationships of people that you want to hold on to that you want to keep strong and connected. So that's, what's wonderful about this is the whole entire process allows you to reinforce the other side as well.

But consider that there multiple things going on, when you even begin to identify the people in your life, and then perhaps you may not have any, but perhaps let go of some. And what happened when you clear that? How are you then a person in each of these phases of life? So consider what it means to have a need or a desire to let go of another person. I've asked you to do this previously, but even if you haven't listened to that episode, just even for a moment, reflect on the idea, the concept, just in a very abstract way that sometimes we need to let go of people. And it may be, or may not be conscious. It may be very unconscious that you feel that need. And there's something that just starts to happen. Something inside you will nudge you, you may want to explore something and then want to go in a different direction. And then maybe one day you notice and you're like, 'Oh, I should probably do something about that'.



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I want to go deeper though, as well, because on the surface it looks like we're just doing a sorting exercise and that we're just looking at time, but it's more than that. It's about your degrees of connection. It's about the people that you have in your life and why, and when and who, the ones you interact with, the ones that you have experiences with and so forth. And you can have a lot of people come into your life that have different purposes. One may stay in the background. One may be very much in your day to day.

So what is included in a group of people for now? Let's just think in very generic terms, we have connections, right? So we'll have people from the past. We have people from the present. We even have people in the future. And I say that because you don't even know who is coming around the corner in your life, who will be in that space. So there are people like that. But letting go of people may be also letting go of the attachment to the need, to that person coming in your life.

And then what about the knowing versus not knowing people, you can have degrees of knowing. There can be people that are very intimate in your life, and there are people that you don't see very often. And that's really important to think about. So there's a proximity. And then there's their interaction level. How often do you interact with people? Is it daily? Occasionally, rarely. And then lastly, think of the meaning of that relationship. Do they have a role with you? Is it a work coworker? Is that your boss? Is it a partner or a spouse, an ex partner or spouse, other people in your life. These are all types of people that come into your life. So I'm putting all that out there because we're going to come back a little bit later to an exercise that will begin to take that data for you so that you can look at objectively with discernment. But after we've considered some other aspects of this.

So in the part, one of the people episodes, I asked a question of you, I said, at the end of the episode, and I'll go back and I'll read what I said. I asked you to consider, 'where am I at right now in my life with regard to people and of that, are there any people in my life that I need to let go of either because they have let go of me already and left me, or because I know that it will be a healthy decision if I step away from that relationship and move into a different space however, I define that?' If you listened to that episode, I wonder if you had a chance to reflect on that question? And even without that reflection right now is something come up right away as I say that?

Another thing from that episode that's worth remembering is that the approach to this is about what's best for me and others. It's not a selfish one way equation. It's not just about what's right for me. I know that sounds hard to think about, but if you're listening to this podcast, I believe that you will probably already be on that wavelength with me. But it does lead me into again, thinking about the bigger context.

So go big now think context of where is this episode sitting in the bigger scheme of things. Think of some of the things that I write about in my blogs, a lot on the word, love a lot about judgement . This whole approach is about coming from a place of love and not about judgement . It is not about saying 'well, they're wrong, I'm right, therefore they're gone.' It's definitely not that. And then it's also about on a bigger picture and a bigger level, our connection, our connection to others on all four aspects, physical, emotional, mental, and spiritual. And I believe, and this is, again my opinion, that we have connections with others that will sit in all four of those areas. And so when we are in that connection, we may or may not have the same exchange as others. If we are stronger in our physical connection with somebody and less with the emotional or mental than it will just be a physical one. Otherwise think about an example where it might be more mental or more emotional. There are lots of different iterations of that. A fully whole relationship will have all aspects of that,



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but you don't have to physically be present, have that relationship do you. It certainly can be an aspect.

Another really important, big picture perspective here as we go into this episode is it's not about you, but then sometimes it is about you. And I think that's one of the trickiest things about letting go of people is that we can fall that whole area of projection, where we are putting on others, what we actually need to look at within ourselves. And when I say this, therefore it is about you because it's how you see all of this. And we can say, Oh, that person does this, this and this, and blah-di-blah when in fact we need to just look in the mirror and ask ourselves first what's going on within me. So this is all from your perspective, the person or the people that you let go of have their own perspective. And it may not be the same. And I've been in many conversations with people where they see the thing or the relationship I should say as one way. And another sees it another way. And it's very clear because you can have mutual friends who have very different relationships.

I think back of a I met an offer a long time ago, who wrote a autobiography and I asked her about her story. And I said, I read the book, love the book. And I said, what did the person that you used to be married to think about what you wrote? Well, the answer was that that person didn't like it. They had a say in it before the publishing. But in the end it was her story, not his story. And that is again another point to remember, and that is when you are considering or discerning, whether you need to let go of somebody or how it is your perspective. Not somebody else's, there's no should here. And at the same time, you also are still coming from a place of unconditional love. And when you do that, then there isn't the nastiness that can accompany some of the times we actually think we need to let go of somebody.

So I've done that in the other episode as well. I talked about the process about how do you do that? And I've done it a lot in other episodes and in other writings. And it's just a really core aspect of when we're dealing with other people in relationships. Because sometimes unconditional love looks like tough love and isn't obviously an appealing aspect of a relationship for the other person if in our unconditional regard for that person, we are coming from a place of what we see is love and we know that it may mean that we have to let go. Very different. Isn't it?

I had an analogy that I thought of before that I wanted to share with you. And I know you're used to me being a bit out there sometimes. I know people I know closely will say that about me. But I had this image coming to me about that as a human person on earth, as an individual, as whatever your name is, as this person who is unique, you're like a being in orbit. And sometimes you're attracted to another and sometimes you're repelled by another. And you can be too close or you can be too far. I also feel that as this orbiting being time matters and then time doesn't. What you do when you stop and consider a relationship is you take a snapshot in a moment of time. And by no means is your connection to another person ever, ever static. There is no, it is. This is the way it is because as you change and grow, or not, the other person or people also change and grow, or not, therefore as this being in orbit, you're equally moving around and it's never stuck in a place. Just think of that energy behind that, the movement, the orbiting, the connection. And as you can imagine, that you'd say, well, sometimes you connect and sometimes you don't. And sometimes your positively charged and sometimes you're not. So just keep thinking about this. We're two energetic beings coming together like atoms or ions or whatever you want call it just we're on a bigger scale here. And our orbit sometimes come together and sometimes they don't.



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And that is so fascinating because I said it in the first episode of this three part one on people, just that concept of how many people are in the world and how there's this small group that we're connected to. That's like your little universe, that's your little space in the whole entire gigantic universe. And so you could be a very private person and have a very limited connection network because of your work, your non-work, whatever you do because of your family, because of your choice in status of relationship, where you live, what you do, your age, all those factors, all those demographics come in and say, my universe has just this in it. Now you could be another person who has a massive following on social media. So thousands and thousands of people know you, and you don't even know who they are, but you're in their orbit, right? And they can let go of you in a flash, right? They can unfollow and follow you. That's a very trivial example. But anyway, that's my example for you of a way to think about it. I'm not suggesting that letting go is as simple as unfollowing and following somebody. That could be a simple action that you need as a declaration. But then also if someone does that to you, it doesn't really mean that much sometimes. It was more for thinking about the orbit of you in the universe of others. And likewise the orbit of others in your universe and how we all travel in different ways around space of life. And there are so many people we could be interacting with, but we are in a small microcosm of society. So keep that in mind.

So let's go back to the concept of why you want to let go of a person or some people. And they're really simple, straightforward categories. And there are many that would be within your own sphere of influence. And there are others that are outside of your control. Look at it from two perspectives. The first one is somebody else or others have let go of you. That is not within your control. You can try and influence that, but it will be that you need to deal with the idea that someone else has let go of you.

Another factor could be you've grown apart. That's very natural and happens all the time. And there could be very legitimate reasons. Sometimes those reasons are ones that I think warrant more investigation. And you don't know that there's a reason that that person has stepped away. That maybe your contact with them or recontact with them would be a really important thing to do for that relationship, because it's about helping or caring. You could have been together with somebody, for example, let's say in a work situation. And that reason for being together no longer exists. The common purpose, you might say, the common denominator that held you together is gone. And so it just naturally ends unless you had something that struck up that would keep you going.

Another might be physical distance away from another person, less contact. But then again, I'll talk about this later. I don't think that means that a relationship dies. It just changes sometimes. So you don't necessarily let go of that person. You may let go of the nature of your connection. There could be a change in your life. You could be going through a stage of life. And I mentioned this in one of the earlier episodes where you may have a friend who's going in one direction and you're going in another, and you just are not connecting as much. That could be one thing. And I mentioned the work, your job, you could retire. You could be at university and going back, who knows? There's lots of reasons why there are changes in that regard.

Another factor which may sound strange, but is relevant, is time. And the only way I can express this is I remember a story written in the newspaper quite a few years ago, where a medical doctor was talking about scaling back the time she spent with people outside of her family and work because



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she had had a family. And she found that in order to be a good doctor, her time allocation had to change. And it meant less time with friends. So it could be a time factor.

Another one could be something not so nice, which is a health crisis. And there are many examples of that. I think in people's lives where they know somebody who is ill or in a situation where their health is so severely affected, that they are not able to participate in life with the same energy and therefore your relationship changes and the way you might be able to spend time changes. It doesn't mean you necessarily let go of that person. Again, this might be one where you let go of the way that you relate with that person. Again, it's personal. That other person might choose to step away, lots of different dynamics there.

And the last one, which I will mention, and it's not an easy one, is when a person is physically gone when they pass away. And there's a very different type of letting go with that, which I'm not going to touch on in this episode, because I think that warrants a very different focus. And I would like to give it the proper amount of time and depth, but not here. So for now, I think that's in there that you may have to take some of the parts of learning in this, but more so I'd like to use this episode to talk about the times where you choose and the person is still in the world. And therefore it's how you manage that.

And there's a great poem, same motivational statement that I think people like to use a lot to try and capture the essence what I'm saying here. And I'm going to grab that a second, sorry for the paper rustling. If you can recall this, you may have seen this on the internet. You may have had it sent to you by somebody in an email or shared online. It's the reason season or lifetime poem. And I love the way this captures the different ways that people might come into your life. And so I'm going to actually read it because if you haven't heard it, you get to hear it for the first time. If you have heard it, then you get to hear it again and think about it in the context of this episode. Now I just Googled it, grabbed it off of one of the hundreds and thousands of places it's on the internet and the author is unknown. So therefore I can't give credit to where it comes from, but let's just go through it.

"People come into your life for a reason, a season or a lifetime. When you figure out which one it is, you will know what to do for each person. When someone is in your life for a reason, it is usually to meet a need you have expressed. They have come to assist you through a difficulty to provide you with guidance and support, to aid you physically, emotionally, or spiritually. They may seem like a godsend and they are. They are there for the reason you need them to be. Then without any wrongdoing on your part or at an inconvenient time, this person will say, or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realise is that our need has been met. Our desire fulfilled, their work is done. The prayer you sent up has been answered. And now it is time to move on.

Some people come into your life for a season because your turn has come to share, grow or learn. They bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it, it is real, but only for a season.

Lifetime relationships teach you lifetime lessons, things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person and put what you have



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learned to use in all other relationships and areas of your life. It is said that love is blind, but friendship is clairvoyant."

I know there's some words in there that may or may not be relevant for you. Change them to what suits you. But sit with the essence of the idea that people come and go in your life and they may be with you for different amounts of time and reasons. And I think you know who they are and you don't need a poem or a saying like that to tell you.

Some, you just get, you know, they're there for whatever. In addition to that saying, which I always have in the back of my mind, sometimes. I also would like to refer to a couple of self-help books that I read many, many, many years ago, but I often refer to, and still to this day, will mention the language because it makes so much sense. And I don't usually refer to books in this podcast because the work of another author is their work, not mine and I'm not here to borrow from that and use that. But sometimes the inspiration of that author is so powerful that I believe it sits with us for a long time. And for me it's been not just different authors, but different books, different conversations around those. And it started even when I was younger. And so I look at how have some of these very specific influences been in my life and then therefore influenced the way I am with people. And what's interesting is how some stand out from very young.

And I remember back when I was in my teenage years. I remember my mother always had endless self-help books and we were in the, I guess, throws of the seventies. And then, you know, when I got older in the eighties for me, but just a lot of these books started coming out that were talking about personal development and the humanity of that. So I think it was a really good time to be reading these things written a lot in the sixties or even before, but they were on my mom's bookshelf. And one that I always love still to this day is the book by Leo Buscaglia about love. And he was the man who talked about hugging. And I remember thinking how wonderful it was that somebody would talk about the love that you could express in that way. Such a simple thing.

And I know this is seemingly irrelevant for an episode on letting go of people. But again, I wanted to keep putting in this episode, the idea that letting go of people is the last thing you do. You go through whatever you can to nurture, support, restore, really encourage the relationship. And then when it's not working or needs a break, that's when you choose to let go, or someone else does.

Another one that I remember, and this is going back to when I was in ninth grade and I was in a class, it was an experimental class, which is quite progressive for the time. And one of our prescribed books was I think, titled how to stay in love. It's on my bookshelf still. And when I looked at that book, I went, 'Oh yeah, we talked about communication with emotions and how do you open up the dialogue and so forth?' And it was teaching us the idea that there are different emotions that we're all experiencing. And if we can identify what that is and communicate that to somebody, it will help us.

So again, it's an area that might trigger us to think we need to let go of somebody, but I go back to an example like that in that teaching, which said, what have you done to sustain and repair and nourish that relationship with the skills that you have before you actually let go?

The final book I want to share that I'm thinking, I'm going back in time, actually, there's another one too, I think I'll pick four, another one from the past, and I'm not picking current ones is Stephen Covey's "7 Habits of Highly Effective People." And I read this book way back when it came out. And I thought, even though I did a degree in psychology, I felt like this was a nice, I guess, summary of easy



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to understand psychology that allowed you to access it and then remember it with the way that it was described, written and the catchy words, plus the teaching of it. And there's three things that really hit me from that book as well, that I think are worth sharing in this episode.

One is the idea of an emotional bank account, which if you want to know, go back and read his stuff because it's not mine. But the idea that you invest emotionally with another person, if you take too much out of that bank account and you overdraw, then you are not likely as easily able to go back in and build that relationship. I think that analogy works really well for the letting go of people concept.

The other one was paradigm shifts. And the idea that you don't know what's happening in somebody's life until you actually ask. And if you make assumptions without asking or learning of the story behind their behaviour, then you can take actions that will be unfounded. And from my perspective, it's worth your while, especially if you're considering letting go of somebody in your life to find out their story and understand why they may be behaving the way they behave. Go and read this. I'm sure you can find all the ideas about paradigm shifts in lots of other works. It's not an uncommon topic.

And I love this other one too, and he has seven, but I only have these three of the ones that I talk about. These three concepts, was 'seek first to understand before being understood'. And I think these things might fit in there. But they're just common sense words that say, if I'm relating to another person, why might they be behaving the way they're behaving. If I think and feel, and learn and understand that before I take action, then maybe I don't need to let go of that person like I thought, so these are some books that formed my original thoughts.

I then went and started reading a lot of other types of books. And aside from all the technical ones in the pursuit of my studies, there was the, I guess spiritual books that I thought were quite fun to read. And I remember the one that everybody was reading for awhile, which was the "Celestine Prophecy". And there was like this fable and it talked about people having synchronistic moments when they met people. And it was up to you to kind of search out and understand why were you connecting with that person? Why did they come into your life? And I just loved that idea that you don't know why that person's in your life and therefore you don't know why they're not in your life either. That was how I extended that. And they come into your life and they might go out of your life. So don't overanalyze it, but it was a great way to think 'hmm, I wonder why this person's here? I wonder?' And then go beyond that and think in a more broader sense. And that way you can let go of a person a bit easier. If you feel like you've exhausted that search or that synchronistic relationship, there's nothing left in it. You go, okay.

But I've read books on things like this more as a foundation. What's really filled me and guided me more is my intuition. And I feel that over time through a lot of the different studies and different courses I've done and so forth, I feel like intuition has been stronger and stronger over the years. And I sense more now than I used to. I listen more to how I am feeling what is in me and I discern through that. And so for me, the intuitive approach is even more important than something you read in a book. And I've talked about this in the previous episode a little bit with the process, but it's going into that sense, that feeling. And taking that to another level, it means working from your heart and your head, not just your head, it's not just about the logic. And I think it also means that about going beyond personality, the superficial aspects of the way you are with something and what feels right. I like that because it's also who we are now in this moment that we tune into and not so much the past or the future.



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So a lot of what I've covered in this episode will be about being intuitive in your discernment, around the relationships you have with people. And I've talked about this before so you know, it's where I'm going on this. And it's going beyond a pros and cons list. It's a sense, it's a knowing it's coming from within you. And that's what guides you in your own dialogue, and it's your own appropriate way. So in other words, your actions are guided by your insight, not reactionary from your emotions. And I know it's so much easier said than done. Working intuitively takes persistence, it takes practise because we're so influenced by what other people think and say and tell us what to do. And it's therefore a regular practise of trying to remind ourselves and to hone in on the part that's inside of us. So applying this to your letting go of people, concept, this is an additional skill and additional resource that I would think would be really useful.

But really what works is not a book or a quote, or me telling you what to do. No fancy graphic or cute quote, you find on the internet or on someone's social media is going to make a difference. You have to figure out what's right for you. It comes down to you, what's in your heart, how you see the world from your perspective and the choice you make. And I know I keep repeating this. I keep saying this because it is about empowering you. It is within your power, within your control, within your choice, how you choose to do this. I think that is also challenging because when we are thinking about letting go of a person it's not usually a cheery thing that we're going through is it. You may be hurting inside and therefore it will be hard to see others fully in their own life. And if someone hurt you, it may be hard to forgive and see them in their own light. And therefore you may need to go through your own journey of healing and self care before you reconnect. So you can see it's not just about you or the other person. It is about both, but ultimately it does come back to you. And it's a timing thing.

Going back to our quote, even though it's not the whole teaching here, it's that others in your life are helping are guiding, are showing up and you are getting opportunities to learn through these relationships and how you choose to navigate through them. I guess you could say another analogy would be it's as if you are on like a world tour of countries and you visit them, but instead you're going through relationships and people and the country is your life. Now, I don't know if that makes any sense, but it's probably better in my head than saying out loud. Anyway, make sense with that whatever you can.

So that's just my way of putting context around this. It's also reinforcing the fact that the relationship is important. And as we said earlier, this microcosm of a world that you're in, it's up to you, how you navigate that. And that the letting go of people is in that you take really seriously not lightheartedly, it's not a silly thing to do. So.

I talked about techniques in other episodes on letting go. When it comes to people it's not as easy because I've talked about the emotional side of it. But I'll remind you of the ones we talked about in the other episodes. They're just as equally applicable here. And do things like I mentioned, a timeline analysis, what happened when if you want to do an analysis, you need to, they get out of your self and put it down on paper. You can check in on the four quadrants, your mental, emotional, physical, spiritual. You can use your journal to write reflections and dialogue with yourself about letting go of a person. You can do that verbally with another person, all parts of techniques that I've mentioned before. I'm not going to go through those her.

But I did talk about another technique that would help with this. And it would be nice to think about how you can focus on the relationship first, before you decide that the person needs to be, let go.



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And a key thing here is that it's not just about the person. It could be you are letting go of a way that you relate with that person. I had this exercise. I mentioned to you, which is what I call the relationship map, or remember learning this in a course, myself. And it stuck with me ever since. And I've taught this often in classes and used it in coaching. It's simply looking at you and the people you relate to in a way of analysing in terms of relationship, strength, what you need to do to change them and so forth.

To do the mapping exercise. It's really simple. You don't need to do much other than have a paper and a pen or pencil. You can do it in your journal. I tend to get a bigger piece of paper because you can put more on it. I tend to use coloured pens because I can play with that too, but really simple. Put a circle in the middle and put your name in the middle, or put me in the middle. And then what you're going to do is start thinking about the people that you relate to in your life, in all areas, friends, romance, family, work, whatever, all in there that you want to think about. You don't have to put everybody in there. It's up to you. I would trust your intuition and go with what comes up first. So, okay. 'Who are the people I relate to in my life right now?' And boom, the ones that will come up the ones you need to start putting down there. And if you have a really big piece of paper, you can add more later if you want to.

Place the person in a circle as close to or as far from you in your circle depending on the level of frequency you have contact. So for example, if you don't see somebody in your family, more than once a year, I wouldn't put the circle close to your circle.

Then the next thing you do is you also make the circle bigger or smaller depending on the importance of that person in your life. So if I had a map in front of me, I'd have a circle of my husband and two kids quite close to me and I'd make these circles really big. And that would be relevant to me.

So once you've got all these circles everywhere, you then start to draw lines between the circles. And I have three types of lines. A solid line, if the relationship is stable, a dotted line, if you're not sure it varies and a jagged line, if it's not stable nor supportive.

Then I add another indicator on this. And that is, I put arrows at either end of the line, right where the line joins the circle. And the is to indicate the direction and flow of communication in that relationship. So, for example, let's say you have a boss who's quite autocratic and dictatorial in their style of management. They may only tell you what to do and never actually listen or ask you. You would have one arrow pointing away from the boss to you. And there would probably be nothing going back or maybe a big arrow coming towards you and a small arrow going towards them. Ideally, a functional relationship has arrows equal in both directions.

Now the next level of using this information to help it become more meaningful for you is to step back and then start to evaluate these relationships without judgement, objectively. So the first thing I would ask you to do is really use this intuition of yours and notice what stands out first. What do you see? And then consider which relationships are strong and which ones are not? And then consider which ones are one way in which ones are mutual? And just keep asking yourself these questions as you look at the map. So what you're trying to do is look at the way you are relating with others and the way they are relating with you.



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As you know, all these people, there's no need to put anything other than an indicator of who they are for your own purposes. If you're afraid that some might see this map, then just use an initial or some sort of nickname that works for you. But you know, work through this in a genuine way.

How does this then tie into our theme around letting go? Well, if you go back to some of the things I said earlier, in this episode, if you see the relationships not working, then my first question would not be, well, you just need to let that person go so how are you going to let them go? Now that's not the first question. The first question is what is my role in this relationship and how am I contributing to that difficulty? What could I do differently to enhance or improve or work through this relationship so that it could actually be better? And in a lot of situations, that's a really powerful thing to do. It might be that you choose to contact that person more regularly, make an effort to check in and see how they're going and so forth.

On another one you might say, well, I've done that many times. In fact, I've tried five times to initiate contact with that person, but it never seems to come back. I feel that that is enough effort. We've talked about that and the person still doesn't want to come back to me with the level of connection I really desire in a relationship. So you might say, that's not enough for you and work with that.

Another one might be where you might be in a fractious relationship and it might be a person who's a bully. It could be someone that's quite harmful to you. And the only way for you to be okay is to step away from it. And by looking at this relationship in a very objective way, you can see, well, what are your behaviours? You can look at the behaviours of the other person, say, no matter what I've done or do that person's behaviour doesn't change it stays harmful to me. Then you have to decide on an action that works for you.

But again, it's analysis without the emotion right now. It's stepping back and you're being like a detective of your own self so that you don't get caught up into the reaction and the story and get taken into that. It's there, but it's not for this exercise. This exercise allows you to really hone in, on what you're doing as a person and how you can make it better.

So that's just one practical way to maybe look at the people in your life and work and figure out how to go through these things. But it's not easy, I know. From a bigger picture point of view, again, I thought I'd just mention a few more tips and techniques around this whole area. Some things to ask about yourself.

One, check your awareness. Are you being aware of what you're saying or doing when you're doing this process? Pay attention to what triggers in you? What is your personal, emotional barometer telling you? Are you getting riled up because a certain person does certain things. What does that mean for you?

See things with love, come from your heart. I know that's not that easy, but it's a practise. Choose to act or not, but at least make a choice with an empowerment from within. Another one that I mentioned before, which I think needs to be mentioned again here and that is reframing. Take another perspective. If it's about blaming the other, then stop and see if you can look at it from their point of view. Pace yourself, and match the situation. It might take awhile to make a decision when you're letting go of a person, especially if you're working on the relationship to see what you can do to improve it. So it might be slow over time or immediate.

But the key takeaway here again, and I'll say this over and over again in every episode is whatever process you use it's your process and it's about you and how you do this. People are in all types of



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relationships with you, how you relate to them is unique to that relationship. If you put a label on that person, you limit how that person deals with you. If you listen to others, tell you how you should relate to that person you're limiting that as well. They are also going through so much because their life is equally a journey. So how are you connecting with that person? How are you seeing that person? How are you holding the person in your sense of awareness in your heart, in your view, without judgement so that you can be fair and come from a place of love?

I know I'm sounding like a repeated broken record, but I really mean it when I say these things, because when the intention is there, it's quite powerful and it's not easy, or we'd all be walking around perfect wouldn't we?

And the last thing that also might be helpful is to remember your deeper aspects of your values. Because when we talk about relationships, we begin to uncover values. And often I think one of the pieces of the puzzle that holds us together is values. You can think different things. You can have different views on subjects, but values tend to bring us together and keep us together. If your values are changing or you're going through a process of reinventing yourself, it's very likely that people that are in your life may be shifting as well. And it goes the other way too. They may also have that same thing happening. There's nothing wrong with that. It's who we are. So again, pay attention, be aware, do the exploration and notice.

The last thing I wanted to go through is what's going to get in the way, what are the barriers in this process? What is going to stop you or stump you? Well, the first one is quite evident based on everything I've already talked about and that is the risk of over analysis. You could get caught up in doing this too much and overthinking and over analysing and over reviewing. So I don't encourage that.

That's why I keep going back to intuition. If it's not feeling right, go with the feeling and explore the feeling, use the research of your own life to support your decisions, but don't overdo it, keep it simple. And so ultimately it is a blend of intuition and logic. And your analysis and your own sense of what feels right for you is what happens at this time. In this moment. You can do too much of the analysis.

Another risk, I think, and I mentioned this, is the listening to others rather than yourself. Especially when it comes to people, opinions fly around us all the time. And I'm guilty of it too. We all are. I don't think there's a single person who doesn't say something about somebody and then go, 'Oh, whoops, I shouldn't be doing that.' We say it because we are humans. So how do we step out that and rise above that tendency to gossip and to make judgments and decisions based on what someone else says about another person. So when it comes to people, watch out for those opinions, what you believe and think will definitely vary from others because you come from very different perspectives. So focus on your own experience, focus on what you have coming from within you and let others have their own experience. Of course, there are going to be things that will come to your awareness from others, which are helpful and are input. And I still think that today that using your intuition is enhanced by having the input of others. So take that in, but know that it can be helpful, but not the only thing.

The third one that I'd call a risk is the jumping to conclusion risk. And this is not checking for the truth. You hear a rumour or hearsay and you don't get to the truth, the person, and you therefore make assumptions and act on these without knowing that truth. You don't hear the other side of the



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story. And if you go back to even just that comment earlier about paradigm shifts, there's an example of finding the truth.

And the final risk is that you will be judging right and wrong and you have your own little court of right and wrong. And that person is either right or wrong in your eyes. And all of a sudden, you're the judge. And it's because you've made that decision. If you feel like you're going into the right and wrong balancing out act, then right away, you know, you're judging that person. So step out of it and sense more and discern why that person might be behaving that way and is that enough information?

So that's a lot of information. And for now I think that's enough. I was going to go through examples, but I feel that they're probably going to become too personal and I don't think are going to serve anybody by me sharing them. Perhaps in a blog post here and there. And so check out the blog for that. I might put some stories in there. I think it might be interesting to even just talk to some other people and hear what they have to say.

It's an interesting topic that you could have a discussion about with people that you're close to. So maybe when you think about those people that are really close to you say, well, let's talk about how we are with relationships with each other. And then let's talk about how we are in reinforcing those relationships and how are we letting go of those and maybe learn from each other.

I hope this has been helpful. I intended this to be a supportive episode, to help you in your reflection, your contemplation, to help you in a way, step through maybe something that's difficult in your life around relationships, with people that you need to let go of or feel that you would be better served and they would be, if you did that.

Maybe after listening to this, you think of the people that you have, let go, and you go, Oh, maybe I didn't need to let go of that person and I need to go back. Or maybe someone's let go of you, or at least you've perceived that, and it's maybe a chance for you to rethink that and go back and check in with them.

Nothing's ever static. Nothing's ever finalised trust your knowing trust what's inside of you. And I believe you will be guided well, come from a place of love, genuinely with all the people in your life and be discerning about the ones that maybe need a little bit more time away from you. And if you really do truly feel and know and believe that it is time to let go of somebody, whether for the moment or for a lot longer than may you choose that wisely and do that with love, compassion, and care. So I'm finishing this episode here and thanking you for listening. If you want any other questions answered on this topic, please feel free to share those with me. For now, enjoy listening to the next episode when it comes out. Thanks.

Closing

Thank you for listening to another episode of remembering to be me. Any information in show notes from this episode will be on my website www.jennshallvey.com That's J E N N S H A L L V E Y.com. I would love to connect with you. You can find me on Instagram at Jenn Shallvey or contact me via my website. And after listening to this episode, if you think of someone else who might benefit, please share, the more the merrier. Until next time remember to say to yourself "Be me, and when I forget, remember to be me.