PSYCHOEDUCATION HANDOUT

A LifeScaping™ Shadow-Work Tool

Clinician & client use

LIFESCAPING SHADOW WORK · SELF-PITY → RELEASING

The Releasing Practice

You are setting down the weight — not the truth.

When something painful happens, most of the lasting damage isn't the event — it's the injustice we keep rehearsing afterward. Releasing is not pretending the wrong didn't happen. It is choosing to stop carrying the weight of it. This is the LifeScaping move from self-pity to releasing: two roads open from the same wound.

TWO ROADS FROM ONE WOUND · *the same injury; two futures*

THE VICTIM ROAD

Fear & blame → resentment & shame → hopelessness

"This is permanent, and it defines me."

The wrong stays — and so does the weight.

CHOOSE →

THE OWNER ROAD

Hope & accountability → resilience → purpose & peace

"This happened; I choose what comes next."

The wrong stays — but the weight is set down.

THE FOUR STAGES OF A DEEP RELEASE · *for a wound with roots*

1 Separate the Two Tracks

Pull apart what is yours to heal, what is yours to release, and any legitimate action still to take. They are not the same thread.

2 Name the Wound

Say the injustice plainly — without minimizing it and without exaggerating it. What specifically happened, and what did you specifically feel?

3 See How It Was Held

Notice how you've been carrying it — the loop of replay, the story about what it means about you. Awareness is where the grip loosens.

4 Shift Toward Ground

Move from circling to standing: what is within your control now, and the one specific next step you will actually take.

CIRCLING QUESTIONS

notice these — then set them down

"Why me? Why does this always happen?"
"What does this say about who I am?"
"How is any of this fair?"

GROUNDING QUESTIONS

answer these

"What specifically happened, and what did I feel?"
"What is within my control right now?"
"What is one specific thing I will do next?"

TWO PATHS — CHOOSE WHAT FITS WHAT YOU'RE CARRYING

Simple Release · a feeling that's present right now — anger, guilt, anxiety, grief

Name it, feel it, rate it, breathe, and let it pass. A few minutes.

Deep Release · a wound with roots — an injustice, a betrayal, something that keeps replaying

Work the four stages above, then release — in rounds if it needs them.

Remember *The wrong stays true whether you carry it or not. What you set down is the weight, not the truth. Even the heaviest feelings are more surface than core — move toward the centre of one and it tends to lose its grip.*

Part of the LifeScaping™ Shadow Dance framework, which transforms character pairs — here, self-pity into releasing. The approach draws on the research link between rumination over injustice and diminished wellbeing, and on acceptance- and forgiveness-based practice. A companion to the Releasing Practice tool at visionlogic.org. Educational and descriptive — not a diagnosis.

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