



7-Day Letting-Go Toolkit (Checklist)

How it works: Small, consistent steps rewire your brain. Print this, keep it nearby, and check each day as you go.

Daily Plan

Day 1 – Awareness  Write down when obsessions happen most (morning, night, after social media).

Day 2 – Trigger Audit  List your triggers (seeing them at work, social media, music).

Remove or limit exposure.

Day 3 – STOP + Grounding  Use STOP + grounding 3× daily (morning, afternoon, bedtime).

Log results in a tracker.

Day 4 – Journaling for Release  Write a “letter you’ll never send” to express anger, hurt, or longing.

Day 5 – Healthy Replacement  Do 30 minutes of exercise, creative work, or a hobby when thoughts spike.

Day 6 – Forgiveness Frame  List 3 things you forgive yourself for.

List 3 things you realize about them.

Day 7 – Future Visualization  Write 5 sentences describing your life 6 months from now when obsession no longer controls you.

Daily Reflection

“Today, the hardest thought to let go of was... _____”

 **Pro Tip:** Repeat this plan for 21 days for stronger brain rewiring. Pair with our “Relapse Prevention Checklist” for long-term results.