

Step 2: The Release Ritual

Goal: Let go of one responsibility or expectation that no longer serves you.

1. Identify What to Release:

- Review your responsibility map (created earlier in the series) and choose one task, role, or mindset to release.
- Example: "I will stop being the one to organize every family gathering."
- Use this question: "What would free up the most mental or emotional space for me right now?"

2. Create a Symbolic or Practical Release:

- Symbolic: Write the responsibility on a piece of paper and tear it up, burn it (safely), or toss it into a "let go" jar.
- Practical: Have a direct conversation to reassign or delegate the task.
 - Example: Ask a sibling to plan the next family event.
 - Use a support request script like: "I've been managing this for a while, and I need to step back. Can we share this responsibility moving forward?"

3. Set a Boundary to Protect the Release:

- Commit to saying "no" to taking this responsibility back.
 - Example: If someone asks you to do it again, respond with: "I've stepped away from that role, but I'm happy to offer guidance if needed."
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Step 3: The Recovery Route

Goal: Replenish your energy and build habits that sustain peace.

1. Identify What Recharges You:

- Make a list of activities, rituals, or relationships that bring you joy and relaxation.
- Example prompts:
 - "What activities make me feel most alive?"
 - "When do I feel the most at peace?"

2. Create a Weekly Recovery Plan:

- Dedicate specific time for yourself each week, even if it's just 30 minutes.
- Example: "Every Sunday evening, I will have a non-negotiable hour for journaling or reading."

3. Practice the 3-Minute Peace Practice:

- Set aside three minutes daily to reconnect with yourself:
 - Close your eyes and take a deep breath in for four counts.
 - Hold your breath for four counts.
 - Exhale for four counts.
 - As you breathe, visualize releasing a weight from your shoulders.

- Use this mantra: "I release what is not mine to carry."

4. Monitor Your Recovery Progress:

- Journal about how you feel after prioritizing recovery activities.
- Note any shifts in your energy, mood, or relationships.
- Celebrate progress, not perfection.