Catch It Early

We often see the warning signs of trouble in business deals, personal relationships, and social situations, but we ignore or dismiss them. This can be fatal, because letting these things fester can be like a cancer in your soul.

You can't rely on blood work or imaging to tell you if an emotional cancer is growing inside you. You have to have the personal awareness, sensitivity, and discernment to diagnose it yourself. When we can identify and catch illnesses of the heart early, before they take root and spread throughout our personalities, our chances are best for avoiding trouble and being able to resolve problems.

Remember: "We have to set aside time to really communicate what's going on inside us and discover what's really going on inside the other person if we want to foster an atmosphere of health, well-being, and intimacy" *(Let It Go,* p. 30).

1 Look back and describe a situation in which you now realize you overlooked or totally failed to recognize the danger signs. What were the warnings you didn't see or didn't heed?

2 What were the consequences of a faulty "early detection system"? How might things have turned out differently had you identified and corrected problems sooner?

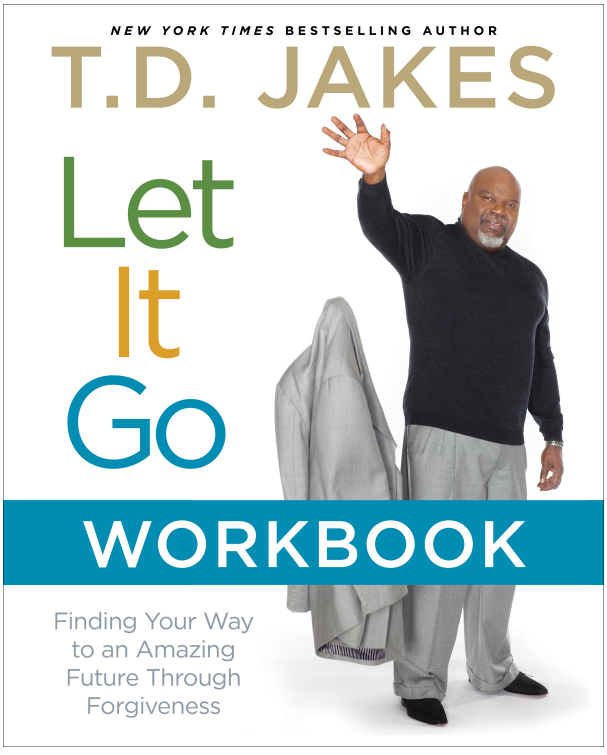
3 You do not have to repeat the cycle of the past. You can have a fresh start right now. Think about your current relationships. Are there any warning signs that you need to pay attention to? What are they?

Remember: "I have seen, time and time again, frustration imitate cancer and silently engulf people who avoid confrontation to the point of becoming martyrs simply because they lack the courage or the skills to be forthcoming about little areas of discontentment and resentment" *(Let It Go,* pp. 30–31).

Extract taken from:

Let It Go Workbook

Finding Your Way to an Amazing Future Through Forgiveness



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