

# Chapter 1: The Past: It's Gone Forever

In the words of Chuck Palahniuk, “Your past is just a story. And once you realize this, it has no power over you.” These words were spoken some years ago. However, they are still as potent and relevant as the first time they were spoken. If only many people realized this simple but extremely powerful truth, life would have been easier for them. We would have had more individuals that are less cranky and frustrated in the world.

Some people struggle to overcome their past demons. For instance, bad experience from their past relationships often hinder them from building robust and happy relationships in the future. They built a mental wall and find it difficult to trust another person or commit into another relationship. Letting past experiences interfere with our future is detrimental to our growth and mental wellbeing. This chapter will explore some vital things about the past you need to know.

## **Life is a Journey**

This statement might sound like a cliché, but it's not. You have to realize that life is a journey. In fact, it is an experience we are all having for the first and last time. In other words, no one has been to this world before that is now having another opportunity to live it all over again. Indeed, there are people who are experienced in this world. However, their experiences are all parts of their journey in life.

Life is a progressive journey that begins at conception and ends in death. It is like a movie. However, this movie is your story. You are supposed to play the roles of both a director and an actor in this movie. Playing the role of a director implies that you are in charge of your life. You make plans and set goals that give your life a direction and a sense of purpose. When you are a director in the story of your life, you will take responsibility for your life.

You will not blame others for your predicament. Besides, you will not believe that your success and happiness depends on external factors, including the actions of others. Psychologists refer to this mindset as an internal locus of control. No one will give you the role of a director in your life. You can choose to take it or give it to other

factors, including your past. Unfortunately, many people have allowed their past mistakes to dictate their current state.

The role of an actor in the story of your life is not optional. You will play that part whether you like it or not. Even your inactions are still part of acting in that position. In summary, everyone is an actor, but not everyone is a director in the movie of their lives. Your journey in life does not end until the day you have your last breath.

Therefore, you can choose to make the earlier part of the journey (your past) the summary of your story or you can choose to rewrite the script. As long as you are still alive, you still have the right and opportunity to “edit” the script of your story. You can still come out on the other side with pride regardless of what your past looks like.

## **The Past is an Experience**

Life is an experience that is bitter sometimes and pleasant on some occasions. One of the reasons some people find it difficult to let go of the past and start over is that they don't expect life to be cruel and unpleasant. Well, you have been educated wrongly. Life is like a coin with two sides. There are days when you'll experience so