

# Letting Go Worksheet: Two Wolves in Nature

Name \_\_\_\_\_ Date \_\_\_\_\_

## Understanding the Wolves in Nature

Inside you live two “wolves:”

1. *Good Wolf* – calm, grounded, present, wise.
2. *Bad Wolf* – reactive, protective, anxious (your sympathetic nervous system).

The bad wolf is not your enemy. It’s trying to keep you safe. Fighting it only strengthens its protective charge.

Nature models this beautifully. Rivers don’t resist rocks. They flow around them. Trees drop old leaves without judgment. Nature lets go. You can meet your “bad wolf” in this same way: acknowledge, thank, and let it go, using your senses to stay grounded.

## Reflection Questions

When has your bad wolf tried to protect you recently?

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How does it show up in your body?

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How might observing nature help you release rather than fight it?

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Can you imagine your good wolf guiding your attention to the present moment? What would that look like?

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## Ecotherapy Exercise: “Grounded Release with the Bad Wolf”

### Instructions

1. Go outside to a natural space (yard, park, trail).
2. Stand with feet firmly on the ground. Take 2–3 deep breaths. Feel the contact between your feet and the earth.
3. Visualize your bad wolf: size, color, energy, and posture. Notice it without judgment.
4. Silently say: “I see you. Thank you for protecting me.”
5. Engage your senses fully to anchor yourself in the present:
  - a. Sight: Notice three things you can see in detail (color, texture, movement).
  - b. Sound: Listen to three distinct sounds around you.
  - c. Touch: Feel the ground, the air on your skin, or the texture of an object nearby.
  - d. Smell: Notice any scents from plants, soil, or air.
6. Visualize the bad wolf slowly moving away or disappearing into the environment. It may help to picture a leaf drifting, water flowing, wind carrying it.
7. Take a final deep breath and notice the shift in your body and mind.

### Prompted Reflection

How did engaging your senses affect the bad wolf’s energy?

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Did thanking the wolf change your perception of it?

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What physical or emotional differences did you notice after releasing it?

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How could you apply this sensory-grounding method the next time stress spikes?

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## Integration: Daily Practice

### Journaling Prompts

What signs tell you that your bad wolf is active?

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How can using your senses help you respond differently next time?

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What recurring thoughts or reactions are easier to release after this practice?

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What role does the good wolf play when you let go?

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### Micro-Practice

1. Pause for one minute.
2. Notice tension or stress in your body.
3. Visualize the bad wolf, thank it, and release it while grounding with your senses (touch, sight, sound).

### Optional Challenge

1. Each day for a week, pick one moment of stress or automatic reactivity.
2. Take it outside. Use this full-sensory Good Wolf/Bad Wolf practice.
3. Observe whether your responses and body tension change over time.

The more you practice thanking the “bad wolf,” the more you develop your letting go skills.