

Some people bury their past while for others, the past buries them.

## A. Introduction

(i) Comprehending the essence of the statement

(ii) Some key concerns behind sticking in the past that becomes detrimental

(iii) Thesis Statement

## B. The baggage of past hinders the progress of an individual.

(i) Overwhelmingly clinging on the past leads to the birth of existential crisis.

(ii) The bonds with reality get loosened which fosters an escapist approach

(iii) Meaninglessness in life that emerges out of nostalgia.

(iv) The post-traumatic life and one's inability to

(v) The absence of futuristic vision and goals may pose a damaging effect on one's life.

(vi) Consequences of unresolved traumas and secrets.

(vii) The fear of moving forward which is further fueled by psychological weaknesses.

### C. Burying the Past: Journey towards Positive Growth

(i) Doing away with the overwhelming tendency of clinging in nostalgia ensures one an optimistic approach towards life.

(ii) Seeking lessons from the past traumas and secrets guarantees a stronger and resilient version of one's self.

(iii) The escapist tendency



is gone when one  
buries the past and  
starts living in the  
present.

(iv) Burying the past is  
the start of a ride  
from meaninglessness to  
meaningfulness in one's  
life.

D. Some coping mechanisms to  
lessen the tendency of  
sticking in the past :

(i) Practical implementation  
of the philosophy of  
Carpe Diem which gives  
birth to the tendency of  
living in the present.

(ii) Ensuring the manifestation  
of logotherapeutic notions  
which will assist one in  
dealing with the existential  
problems.

(iii) Fostering a futuristic  
approach towards life  
which shall guarantee  
a goal-oriented strategy.

(iv) Seeking lesson from the past which ensures positive growth.

### E. Conclusion

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(ii) ...  
(iii) ...

(iv) ...  
(v) ...

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(vii) ...

(viii) ...  
(ix) ...

(x) ...  
(xi) ...