

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.

