

Releasing Guilt

Reflect on your Healing Journey

Slapping Paint On Paper

Releasing guilt is essential for healing; it allows individuals to separate their pain from external expectations. This step promotes self-acceptance and cultivates a space for growth and renewal.

By reflecting on guilt, we can uncover internalized beliefs that hinder our healing journey. Answering thoughtful questions can help clarify these feelings, paving the way toward a more compassionate self-view.

Self-Reflection + Awareness on My Healing Journey

WHAT ARE THREE THINGS I'M GRATEFUL FOR TODAY?

1.

2.

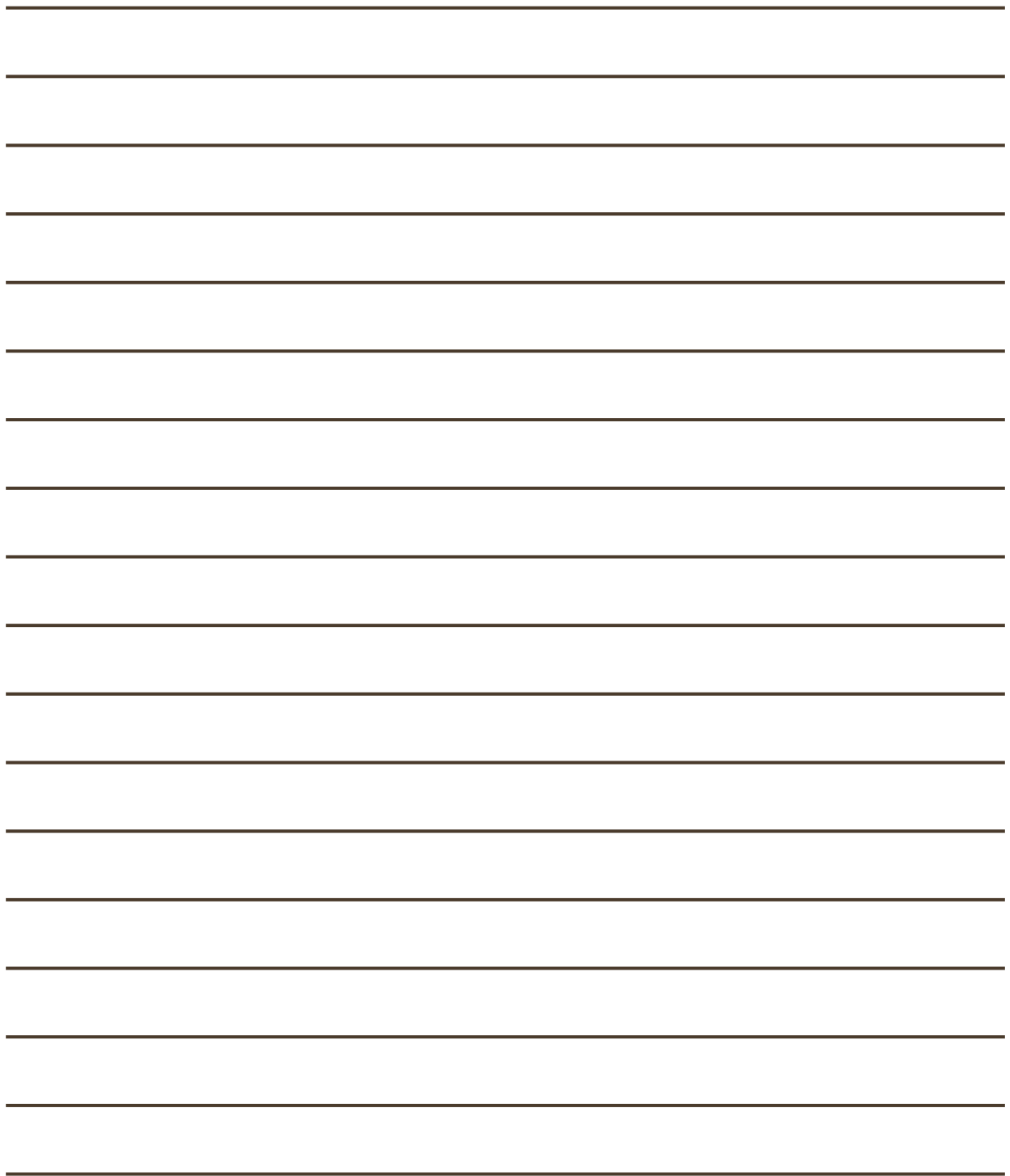
3.

HOW DO I FEEL RIGHT NOW? WHAT MIGHT BE THE CAUSE OF THESE FEELINGS?

WHAT ARE THE POSITIVE QUALITIES I SEE IN MYSELF?

WHAT HABITS WOULD I LIKE TO CHANGE OR IMPROVE IN MY LIFE?





This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Handwriting practice lines consisting of 20 horizontal brown lines.



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