Acknowledging My Heartache

Step 1

To consciously change how we feel about the negativity of our past and ultimately release that negativity, we must identify and acknowledge the source of our negative feelings. The space below is provided for you to write down the negative experiences that caused you pain, so that you can clearly see and acknowledge those moments to date.

For example: I hurt because my sister stole a piece of candy and blamed it on me. Everyone believed her despite how much I tried to convince them other wise.

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