

# *Self Immolation/ Self Love - Week Three*



## *Forgiveness of others:*

### *AWARENESS:*

*What has happened that has made you angry, sad, resentful, bruised?*

*Bullet point with our details.*

*'You cannot erase memories but you can let go of the heavy energy that is attached to them'*

### *ACCEPTANCE*

*How could you justify in your mind their actions, what drove them to it. What made them believe they were doing the best they can?*

*Bullet point your answers below:*

# Self Immolation/ Self Love - Week Three



## CARE and NOURISHMENT

*In what way would your life change if you could allow yourself to let go of hurt, pain and start the process of forgiving?*

## RESPECT AND EMPOWERMENT:

*Write a letter to yourself on the following page on how letting go and forgiving could deeply benefit your life in the future and the gifts you can take from any pain too?*

*“One of the most courageous decisions you will ever make is to finally let go of what is hurting your heart and soul”*

# Week Three - Self Immolation/ Self Love



Letter to yourself on forgiving others:

*'Forgive others,  
not because  
they deserve it,  
but because you  
deserve peace'*