Week 2: 11-10-25

***** Takeaway Sheet *****

Week's Theme: Forgiving Parents — Letting Go Without Pretending It Didn't Hurt

1. Acknowledging Unmet Needs and Emotional Wounds

- You can name the hurt without disrespecting your parents.
- Healing starts by validating your inner child's experience.
- Avoiding the pain only prolongs the pattern.

2. Understanding Generational Patterns vs. Intentional Harm

- Not all harm was meant to harm—but it still left a mark.
- Seeing patterns helps you break cycles with compassion.
- Awareness gives you the power to do things differently.

3. Giving Yourself Permission to Grieve What You Didn't Get

- Grieving unmet needs is a step toward healing, not bitterness.
- You can honor your sadness while still creating joy now.
- Grief and gratitude can exist side by side.

4. Choosing Compassion Without Dismissing Your Experience

- Compassion doesn't mean pretending it didn't hurt.
- You can hold love for them and truth for you.
- Letting go doesn't require forgetting—it requires freeing yourself.