Giving Yourself Permission to Grieve What You Didn't Get

What messages or beliefs did you internalize as a result of those experiences? How have those beliefs shaped how you show up in relationships today? What can you begin to give yourself now that you once needed from others?		What emotions come up when you think about what you discive growing up — emotionally, mentally, or physically?	idn't
What can you begin to give yourself now that you once needed from others?			
What messages or beliefs did you internalize as a result of those experiences? How have those beliefs shaped how you show up in relationships today? What can you begin to give yourself now that you once needed from others?			
What messages or beliefs did you internalize as a result of those experiences? How have those beliefs shaped how you show up in relationships today? What can you begin to give yourself now that you once needed from others?	*		
How have those beliefs shaped how you show up in relationships today? What can you begin to give yourself now that you once needed from others?			those
How have those beliefs shaped how you show up in relationships today? How have those beliefs shaped how you show up in relationships today? How have those beliefs shaped how you show up in relationships today? How have those beliefs shaped how you show up in relationships today? How have those beliefs shaped how you show up in relationships today? How have those beliefs shaped how you show up in relationships today? How have those beliefs shaped how you show up in relationships today? How have those beliefs shaped how you show up in relationships today? How have those beliefs shaped how you show up in relationships today?	exp	periences?	
How have those beliefs shaped how you show up in relationships today? What can you begin to give yourself now that you once needed from others?			
How have those beliefs shaped how you show up in relationships today? What can you begin to give yourself now that you once needed from others?			
today? What can you begin to give yourself now that you once needed from others?			
What can you begin to give yourself now that you once needed from others?	3	How have those beliefs shaped how you show up in relation	nships
What can you begin to give yourself now that you once needed from others?	tod	lay?	
What can you begin to give yourself now that you once needed from others?			
What can you begin to give yourself now that you once needed from others? ———————————————————————————————————			
from others?			
*	4	What can you begin to give yourself now that you once nee	ded
	fro	m others?	
	_ 		

5 Reflection Words to Inspire Healing:

 $Peace \cdot Worthiness \cdot Compassion \cdot Release \cdot Grace \cdot Renewal \cdot Wholeness$