

## Giving Yourself Permission to Grieve What You Didn't Get

**1** What emotions come up when you think about what you didn't receive growing up — emotionally, mentally, or physically?



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**2** What messages or beliefs did you internalize as a result of those experiences?



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**3** How have those beliefs shaped how you show up in relationships today?



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**4** What can you begin to give yourself now that you once needed from others?



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**5** Reflection Words to Inspire Healing:

Peace · Worthiness · Compassion · Release · Grace · Renewal · Wholeness