

THE CARING FOR ME COLLECTION



A JOURNAL TO FORGIVE MYSELF, MAKE AMENDS AND MOVE FORWARD

Letting Go of Guilt



30 days to turn guilt into responsibility and learning

30
DAYS



This journal belongs to



MY NAME

START DATE

WHY I AM STARTING THIS JOURNAL

These pages invite you to look at the past with honesty, responsibility and humanity.

Stop punishing myself



Letting go of guilt doesn't mean denying the harm; it means responding in a more useful, humane way.



1

Understand

Separate facts, interpretations, responsibilities and learned burdens.

2

Repair

Acknowledge the impact and act on what is still in your hands.

3

Release

Keep the lesson without turning the mistake into a life sentence.

You're not trying to justify yourself. You're trying to own your part without losing yourself in it.