



The Healing Power of Releasing Guilt, Shame or Resentment

"What if judging oneself was a poison you refused to drink?"

Pull out the last 3 months of credit card statements and choose 1 purchase from each to take through this exercise. Go through the exercise once, looking at all 3 purchases together.

Creating A New Perspective

Having debt doesn't make me...

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, .

Creating Insight

I spent that money because I was scared

My underlying need was for (Love, Security, Approval, Significance)

When I made that purchase what I really wanted was to feel

and I wanted someone (name) to me.



Creating Forgiveness

Reflecting on this purchase today...

I feel compassion for the part of me that wants

I love the part of me who

I forgive the action I took because

I am grateful for

Creating New, Empowered Choices

For me, spending consciously means

With each purchase...

I have a plan to

I want to feel 30 days after this purchase is made.

I am willing to give up to make this purchase because it is that important to me.