

# Let Go What's Not Yours to Carry

*A Reflection Guide to Support Emotional Release and Healing*

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## **Introduction**

This gentle, printable worksheet is designed to help you reflect on the emotional weight you're still carrying from a past situation and begin to let go with clarity and care.

Find a quiet space, give yourself some uninterrupted time, and answer the prompts below as honestly and gently as you can.

You don't need to have all the answers, just awareness and compassion for yourself.

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## **Star here...**

### **1. Name the Memory**

- What is the situation or memory that keeps coming back to your mind? Write freely.

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### **2. Emotional Echoes**

- What feelings arise when you think about it? (e.g., guilt, sadness, anger, shame, confusion)

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- Where in your body do you feel these emotions?

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### 3. What Is This Memory Still Holding?

Answer the questions below:

- What part of me still feels unseen or unheard in this memory?

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- What need was left unmet?

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- What feeling keeps showing up, and what might it be asking from me today?

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### 4. Reframing and Releasing

Now reflect on the following:

- What would it mean to carry this differently—from guilt to understanding, from pain to kindness?
- What parts of this are not mine to carry anymore?
- What might letting go look like—not forgetting, but carrying it with less weight?

### 5. A Gentle Closing

Write a gentle message to yourself to close this reflection:

“Dear self, I see the weight you’ve carried. I now choose to...”

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*You can return to this worksheet anytime you need to reconnect with your healing.*

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## **Support & Next Steps**

### **I Am Here for You!**

Thank you for taking this step toward emotional clarity and self-worth.

If this guide brought insight, tenderness, or new questions, you don't have to hold them alone. **You're welcome to share your reflections with me at:**

✉ [andressamartinspsychotherapy@gmail.com](mailto:andressamartinspsychotherapy@gmail.com)

If this reflection opened something deeper, you may wish to explore **working with me through a one-on-one session or ongoing support**. Learn more or book a session here:

✉ [Services - Andressa Martins Psychotherapy](#)

If you'd like to continue this journey, I invite you to **visit my blog**, where I share deeper reflections, psychological insights, and practical perspectives on self-worth, emotional healing, and personal growth:

✉ [Blog - Andressa Martins Psychotherapy](#)

**With warmth,  
Andressa**