

LET GO

A Journaling Guide to Emotional Release



-  1. What am I angry about? _____
-  2. What disappointed me today? _____
-  3. What did I wish someone had said or done differently? _____
-  4. What conversation am I still having in my head? _____
-  5. What part of today's situation hurt more than I expected? _____
-  6. What do I wish I could say without worrying about the response? _____
-  7. What am I blaming myself for that deserves a more honest look? _____
-  8. What would I like to stop carrying into tomorrow? _____
-  9. What boundary might I need to think about later? _____
-  10. What can remain unresolved tonight? _____

