

RELATIONSHIPS – MOVING FORWARD

What lessons did you learn from this relationship? Holding the lessons from Past events is much lighter and empowering. Look at the larger picture instead of dwelling on details.

What have you learned about yourself, both positive and negative, from this relationship?

Do you have negative beliefs you should release so you can be open to new relationships? If so, reverse those beliefs and write them as more positive beliefs such as “I am worthy of new love” or “I am open to love again”.
