

Heal Your Wounded Soul

Journalling Worksheet

Honest introspection - what are the core wounds are that you are carrying?

(Write down your old story on a separate sheet if you need to in order to help you to drill down on what you feel happened to you to wound you, this can be very illuminating about how you have programmed the actual event and trauma and what it means to you in the present – ie what the wound is for you right now based on the past.)

How does this manifest in your life now?

What behaviour does this drive for you in the present?



How does this make you feel?

Who do you need to forgive?

How was this person doing “their best” in this situation?

What could be seen as the gift from this experience?



Write a letter to your former self from the present moment - example

Dear Twenty One Year Old Kate,

I am writing to tell you that you are about to take a massive step in your life and marry the man that you love, and that this will be something that you later question. It's going to be intense and horrible and wonderful and totally screwed up at times, but it's going to shape who you are in the future and bring you some amazing strengths and qualities that will help you to help so many women all over the world with your work.

There will be some very dark moments when you feel like you can't go on and that you may have made a mistake, but I'm telling you from the future that you are fabulous and you will get through this. You'll rise from the ashes of this marriage and you might be battle scarred but these scars will be a badge of honour for you, and they will fade and become beautiful.

You are young and fearless and passionate and I love that about you. You are doing your best and later on you'll see why this had to happen.

Keep going, you are awesome and I want you to know that you get even more awesome later on!

If you want to, burn this letter with the intention of clearing the old and stuck energy.
Invoke the violet flame and ask that anything that can be is transmuted.





Write a letter to other people involved - example

Dear Ex,

Looking back at what we were is still painful at times, but I am starting to see that you did your best and that you fell in love with my best friend, and there was probably nothing you could do about that. I was the casualty in the situation and as you started to love her I didn't stop loving you. I am guessing this was horrible for you at times, and maybe in the moment all of those years ago all I saw was the betrayal and felt horribly mangled. Now I can see that this was a trajectory that my life was destined to take, and that actually that girl was indeed a good friend as she helped me to move away from a situation that would have bound me to a life that was not my calling.

I hated you and loved you fiercely at the same time and it screwed me up. I needed a lot of help and healing to get over it, and maybe I am not quite there yet. But it's time for me to try and let us both off the hook finally, not because what happened was ok but because I deserve peace in the life I have now. I see that you were doing your best and that you had not had a great example from your parents, and that you were actually quite weak person that based decisions on sexual attraction.

The view from the future is very different to that in the moment, and I want to let this go now.



If you want to, burn this letter with the intention of clearing the old and stuck energy.

Invoke the violet flame and ask that anything that can be is transmuted. Is there any other positive action you need to take here? Be smart and seek help and support if you need to.

