

# Emotional Cleansing

## Part I - Unburdening Your Heart

For our first exercise, you are going to be completing the next few questions as you meditate on them. Be as honest and detailed as possible.

**Resentment:** Do you hold resentment against anyone in your life?  
What causes these feelings?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



# Day 3

**Living in the Past:** Are there any stories from your past that you often replay in your mind?

How do they make you feel and how do they affect your day?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**Fears and Worries:** What scares you the most?  
Do you think about these things often?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



———— Day 3 ————

**Comparisons:** Do you often compare yourself with others?  
Why and what do you feel when you do?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**Regrets:** Do you have any regrets about things you didn't do in your past?  
How is regret affecting you now?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



# Day 3

**Hurting others:** Can you remember the last time you made someone feel bad? What emotions did you feel?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**Feeling hurt:** When was the last time someone made you feel bad? What did they trigger in you?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



# Day 3

**Overthinking:** When was the last time you found yourself overthinking your actions and decisions? Why did you doubt yourself?

A series of horizontal dotted lines for writing.



# Day 3

## Part II -Emotional Antidote

Now that we have some answers from our last exercise, let us create an antidote for these triggering emotions.

We will guide you to address each question from Part I and give you an affirmation. You can then do the exercise for each section.

### Resentment Towards Someone

**Antidote:** Whenever you feel resentment, take a moment to think about the person involved. Try to send them positive thoughts or blessings. If this feels too challenging initially, mentally say, "I release you from my thoughts" to detach from negative feelings. Regularly practice forgiveness meditation, focusing on letting go of resentment and embracing peace.

Write them a blessing or a release statement below:

**Affirmation: "I release past hurts and embrace peace. Forgiveness brings me freedom."**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



# Day 3

### **Living in the Past**

**Antidote:** When past stories resurface, consciously reframe them by focusing on the lessons learned or strength gained. Write a different ending to the story where you emerge empowered. Recognize that these are just stories, not your current reality.

Reframe a story that is affecting you at this time in your life below.

**Affirmation:** "I learn from the past but live in the present. My past experiences strengthen me."

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



# Day 3

## Fears and Worries

**Antidote:** Visualize a scenario where you face and overcome your fears. Imagine yourself handling the situation with courage and resilience. Practice this visualization regularly to build inner strength and confidence.

Think of some ways you can better manage your fears and write them down below.

**Affirmation: "I am stronger than my fears. I face challenges with courage and confidence."**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....





# ———— Day 3 ————

**Comparisons**

**Antidote:** Redirect thoughts of comparison to gratitude for your own life and achievements. Celebrate your unique qualities and progress. Maintain a gratitude journal to reinforce this practice.

Think of all your positive and unique qualities and thank yourself below.

**Affirmation: "I am unique and valuable. I appreciate my own journey and qualities."**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....





# Day 3

## Hurting others

**Antidote:** Reflect on the situation and try to understand the other person's perspective. Practice empathy and think about how you could handle similar situations more kindly in the future.

Use the space below to write about better ways in which you can redirect your emotions.

**Affirmation: "I choose kindness and understanding in my interactions with others."**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



**Feeling hurt**

**Antidote:** Write down your feelings in a letter addressed to the person who hurt you. Express all your emotions freely. Afterwards, you can destroy the letter as a symbolic act of releasing those emotions.

**Affirmation: "I allow myself to feel and then let go. I control my emotional response."**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



# Day 3

### Overthinking

**Antidote:** Engage in mindfulness practices like deep breathing or meditation when doubts arise. Remind yourself that it's normal to feel uncertain, but trust in your ability to make the right choices.

Write down all those times you made great decisions in your life.

**Affirmation:** "I trust my decisions and live confidently. Each step I take is in the right direction."

A series of 20 horizontal dotted lines for writing.

