



REFLECTION JOURNAL - Forgiveness

Prompts to help embrace fear, live authentically, and move forward.

A NOTE FROM DR. KATINA



Welcome!

Today, we're stepping into a conversation that many of us avoid, but all of us need — forgiveness. Not the kind that excuses someone else's actions, but the kind that frees you. Forgiveness isn't about erasing what happened; it's about choosing to heal so that your past doesn't control your present. In this episode, we'll slow down, reflect, and ask some hard but healing questions: What old stories still shape how you see yourself? How has resentment been living in your body? And most importantly — what would it look like to forgive for you, not for them?

With Love,

Dr. Katina

What is one childhood experience that still shapes how I see myself today?

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What would forgiving for myself (not for them) look like right now?

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How has holding onto resentment affected my growth, my relationships, or my joy?

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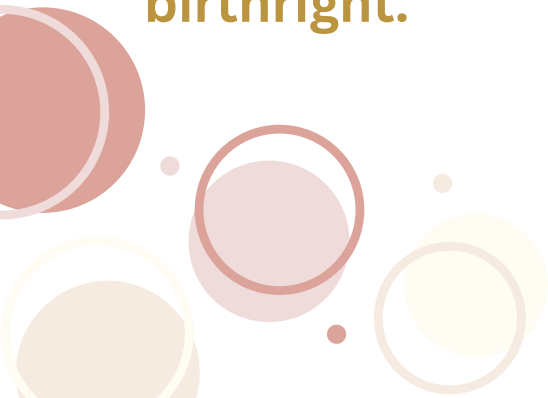
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REFLECT & WRITE

CLOSING REFLECTION

As we close, I want you to take these prompts into your journal, your quiet moments, or your prayers.

Ask yourself: What weight am I still carrying that I no longer want to hold? Where can I set boundaries that protect both my healing and my safety? Remember, forgiveness is not weakness. It's an act of strength, an act of self-compassion, and a declaration that your joy and peace matter. You don't forgive to let someone else off the hook — you forgive to set yourself free. And freedom, my friend, is your birthright.



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