♣PLURALLI MY DESERVED

A JOURNEY TO SELF-COMPASSION & HEALING

Welcome to 'My Deserved Grace,' a safe space for you to explore, reflect, and heal. This workbook is designed to guide you through understanding and processing feelings related to traumatic events and challenging times. Remember, this journey is about selfcompassion and recognizing that many things are beyond our control.

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TAKE YOUR TIME, GO AT YOUR OWN PACE, & MOST IMPORTANTLY GIVE YOURSELF GRACE!

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ACKNOWLEDGING YOUR EXPERIENCES

We'll start by acknowledging the challenges you've faced. This is a space for you to list the events or situations that have been a source of pain or self-blame.

LIST SIGNIFICANT LIFE EVENTS THAT HAVE IMPACTED YOU NOTE DOWN MOMENTS WHERE YOU FELT OUT OF CONTROL

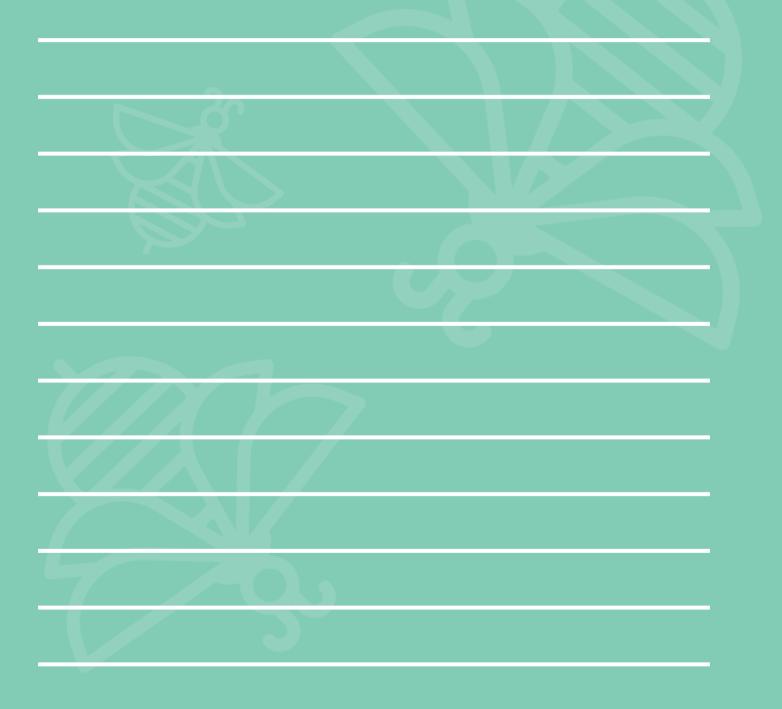


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UNDERSTANDING YOUR RESPONSIBILITIES

Let's explore the responsibilities and expectations you were managing during these times. This will help you see the multitude of factors at play in your life.

LIST YOUR RESPONSIBILITIES: FAMILY, ACADEMIC, & PROFESSIONAL REFLECT ON ANY MEDICAL OR MENTAL HEALTH STRUGGLES YOU WERE EXPERIENCING

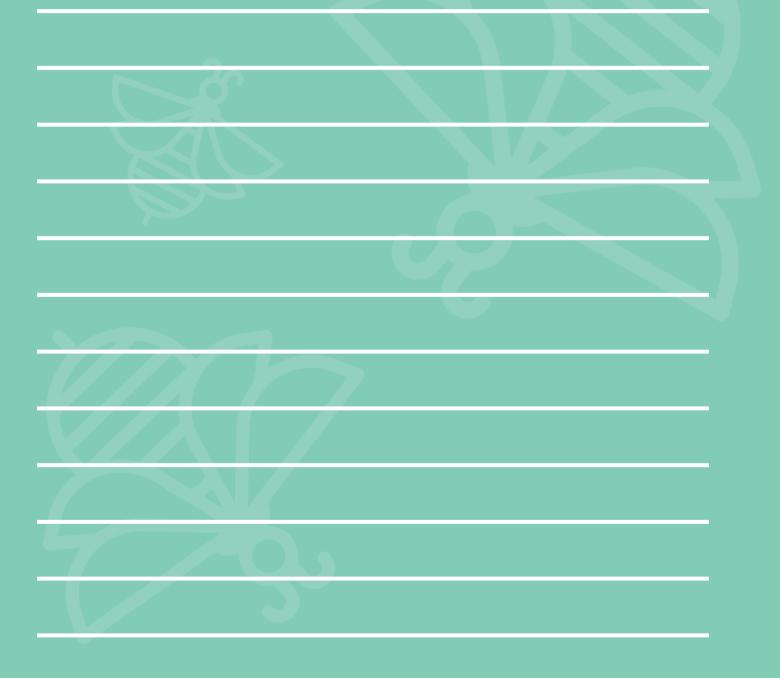




SELF-COMPASSION EXERCISE

Self-compassion is key to healing. In this section, we'll practice giving ourselves grace.

FOR EACH EVENT LISTED IN SECTION 1, WRITE A COMPASSIONATE RESPONSE TO YOURSELF REFLECT ON WHAT WAS WITHIN YOUR CONTROL AND WHAT WASN'T

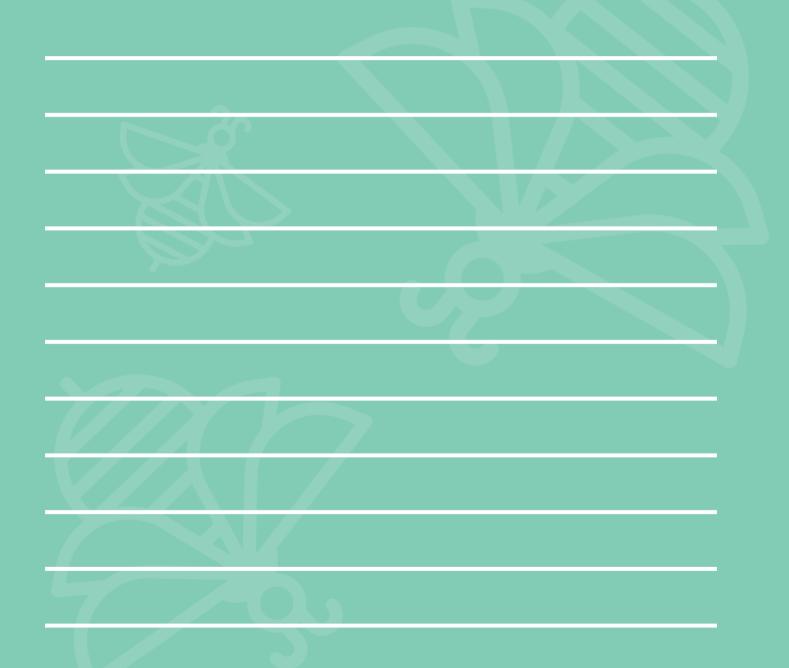




MOVING TOWARDS FORGIVENESS

Forgiveness, especially self-forgiveness, is a powerful step towards healing. Let's explore this together.

LIST THINGS YOU CAN FORGIVE YOURSELF FOR



USE THE FOLLOWING PAGE TO WRITE A FORGIVENESS LETTER TO YOURSELF

Dear



Love,



EMBRACING ACCOUNTABILITY

Accountability is about recognizing our role in events without self-blame. This section focuses on understanding this balance.

IDENTIFY ACTIONS WITHIN YOUR CONTROL REFLECT ON HOW YOU CAN RESPOND HEALTHILY IN THE FUTURE





YOUR PATH FORWARD

This final section is about looking forward with hope and resilience.

SET GOALS FOR YOUR EMOTIONAL & MENTAL WELL-BEING CREATE A SELF-CARE PLAN



PLURALLI CONGRATULATIONS!

You've taken brave steps in your journey through 'My Deserved Grace.' Remember, healing is a process, and you deserve compassion and kindness, especially from yourself. Carry these lessons forward with love and strength.

