



## Burned By It (Again)

***It was old. It was raw. And somehow it still got you. Let's face the part of you that regrets—and see what it's asking for now.***

Date: \_\_\_\_\_ Weather: \_\_\_\_\_ Attitude: A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

1. What moment today left me with that sinking feeling of 'I should've known better'?

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2. Did I act from a place I thought I'd outgrown? What pulled me back there?

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3. Was I trying to protect something, or prove something? \_\_\_\_\_

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4. What was I hoping would happen instead? \_\_\_\_\_

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5. Who did I let down—myself or someone else? \_\_\_\_\_

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6. What part of this still stings, even if I don't want to admit it? \_\_\_\_\_

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7. Have I actually forgiven myself for this kind of moment before? \_\_\_\_\_

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8. What would I say to someone else who made the same mistake? \_\_\_\_\_

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9. What lesson is buried in this pain that I keep ignoring? \_\_\_\_\_

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10. What do I want to take forward so I don't carry this same weight again? \_\_\_\_\_

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