



DATE:

RELEASING JUDGEMENT

OF YOUR SELF AND OF OTHERS

Find yourself a place that feels safe and preferably quiet; write, and say out loud, the words,
“Abortion is a part of my story.”

Notice the first feeling that arises, then write and say,

“I can allow myself to feel this feeling without judgement, blame, or shame.”

Repeat this last practice often and with an intention to invite acceptance and healing.

Notice how much lighter you begin to feel with time and practice.
