**Releasing Emotional Baggage Worksheet**

**Purpose**: Help users identify and process unresolved emotions, allowing them to let go of past experiences and find emotional freedom.

**What is Emotional Baggage?**

Emotional baggage refers to unresolved emotions and experiences that weigh you down, often affecting your present relationships and decisions. Holding onto these emotions can lead to patterns of avoidance, resentment, or stress. Releasing emotional baggage isn’t about forgetting the past—it’s about processing it in a healthy way so it no longer controls your future.

**Why Letting Go is Important**

Letting go allows you to break free from negative cycles and create space for growth, peace, and new opportunities. By addressing unresolved emotions, you can learn from the past without being defined by it.

**Reflection Prompt**  
Think about a situation, person, or memory that still feels heavy to you. Write down a brief description:

**Identifying the Baggage**

**Name the Emotion(s)**  
What emotions are tied to the memory or situation you described? Check all that apply:

* Anger
* Guilt
* Shame
* Fear
* Sadness
* Resentment
* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Explore the Impact**  
Answer these questions to understand how this baggage affects you:

1. *How does holding onto this make you feel physically?*
2. *How does it influence your thoughts or decisions?*
3. *Does this baggage affect your relationships? If so, how?*

**Processing the Baggage**

**Shift Your Perspective**  
Complete these prompts to reframe the experience:

1. *“This situation taught me that…”*
2. *“One way I can grow from this is…”*
3. *“I am allowed to feel this, but I don’t have to carry it forever.”*

**Release the Emotion**  
Choose one or more methods to let go:

* Write a letter to the person or situation (you don’t have to send it).
* Practice a physical release, like tearing up paper or doing a workout.
* Visualize placing the emotion into a box and locking it away.

**Moving Forward**

**What Does Moving On Look Like?**  
Moving on doesn’t mean forgetting—it means finding peace with what happened. Reflect on what moving forward would feel like:

* *What will you gain by letting go?*
* *What will you lose if you continue holding on?*

**Create an Action Plan**  
Write one small step you’ll take today to begin releasing this emotional baggage: