

# I let go of those who hurt me

## **I let go of those who hurt me.**

I know how to let go of those who hurt me. I release their negative presence and energy from my life.

Instead, I focus on others, who support and uplift me.

## **I choose who surrounds me.**

I decide who gets my attention, time, and help. I am in charge of my life and in control of my surroundings. I carefully select the people who are part of my life. I avoid the ones who are negative and destroy my dreams.

## **I release the people who are hurting me now.**

I avoid the anger and resentment that comes from these people. I choose to be free from them and their emotions.

I know that some are unwilling to change or grow. I understand that they must choose to evolve on their own. I avoid forcing them to change. I acknowledge they have their own paths and journeys. Only they can

decide to change and stop hurting others.

Today, I have the power to let go of the people who hurt me. I move forward toward a positive future.

## **Self-Reflection Questions:**

1. What can I do to let go of the people who have hurt me?
2. How can I release the pain and anger that I feel toward these people?
3. Is there anything I can do to prevent others from hurting me again?