



FREEDOM

key

FORGIVENESS & RELEASE
AFFIRMATIONS



I give myself permission to heal

I give myself permission to
release guilt and shame

I accept the past for what it is

I am capable of moving on from the
past

I have been granted permission to
set myself free

I am not my past self

I no longer punish myself for my
past

I am and feel forgiven

I give myself compassion and grace

My past is in my past



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