



Club Bliss

August 2022

Unconditional Love

Journal Exercise to Return to Love:

1. Reflect on a situation or person in your life in which you feel annoyed or triggered by. What is it about this person/situation that is keeping you from feeling love for them?
2. Can you find why this situation was sent to you? What did you learn about yourself through this situation?
3. Can you access their humanity in this situation? You can do so by writing this person a letter of forgiveness to them absolving yourself from the hurt or resentment that holds you back from unconditional love. Remember a quote my dear friend told me. We are all hurt people and sometimes hurt people end up hurting people.