Sirius Encounters
Clarity. Guidance. Support

UNBURDENED

Transforming Hurt

Date: _____ **Worksheet #:** _____ **Subject (X):** Person, relationship, system, or situation connected to this harm: _____

Tip: To fully anchor this process, speak everything written here out loud. The body integrates what the voice is willing to name.

---

1. TELLING THE STORY

1. The situation around which I have an upset is, or was:

(Tell the story fully from my lived perspective, including relational, ancestral, or systemic dynamics that were present. Use additional paper if necessary.)

2a. CONFRONTING X

I am upset with you, (X) _____, because:

2b. Because of what you did (or what occurred), I FEEL:

(Identify the emotions and bodily responses that are present.)

---

2. FEELING THE FEELINGS

Acknowledging My Own Humanness

3. I lovingly recognize and accept my feelings and judge them no more.

I am entitled to my feelings as a human being responding to harm.

Willing | Open | Skeptical | Unwilling

---

4. I acknowledge that my feelings are mine.

They reflect how this experience has impacted my body, nervous system, and sense of safety.

Willing | Open | Skeptical | Unwilling

---

5. I now see that my discomfort signaled that I was carrying a burden—

by holding expectations, judgments, or unmet needs related to (X) _____.

(List expectations, judgments, or relational patterns that were activated.)

(Note: Observe where similar expectations or judgments are directed toward yourself.)

---

3. COLLAPSING THE STORY

6. I now realize that, in order to survive or make sense of this experience,

I created meanings and interpretations beyond the observable facts.

This purpose having been served, I am now willing to release the energy held in these interpretations by separating **what happened** from **what I concluded about myself, others, or the world**.

Interpretation I Made	**Emotional Attachment Now (High / Medium / Low / Neutral)**

---

7. CORE BELIEFS THAT WERE ACTIVATED OR REINFORCED

(Check those that apply.)

☐ I am not safe ☐ I am not enough ☐ I must stay alert to survive ☐ My needs don't matter ☐ I am unseen or unheard ☐ I will be abandoned ☐ I must endure rather than choose ☐ Other: _____

---

4. REFRAMING THE STORY

8. I now realize that these beliefs developed as protective responses—

formed to help me navigate separation, harm, or power imbalance.

As I begin to remember my inherent worth and dignity, I give myself permission to release these beliefs and send compassion to myself and to (X) _____ for participating in this learning experience.

---

9. I recognize that similar situations or relational dynamics have appeared in my life before.

(List similar experiences and the feelings they carried.)

I see patterns that point not to personal failure, but to unfinished healing asking for attention.

10. I now recognize that what has disturbed me also points to parts of myself that have been constrained, silenced, or over-adapted.

This awareness is not blame. It is an invitation to integration.

---

11. (X) _____ has reflected aspects of my experience that are ready to be reclaimed, protected, or transformed.

I am willing to take responsibility for my healing without carrying responsibility for harm that was not mine to cause.

---

12. Even if I do not fully understand this experience,

I acknowledge that it has revealed something essential about my boundaries, needs, or values.

---

13. I now release the need to remain locked in blame—

not to excuse harm, but to free my energy for life.

I am willing to see this situation clearly, without distortion or self-erasure.

---

14. If I have been bound to this experience through obligation, loyalty, fear, or expectation,

I now release myself from carrying what no longer belongs to me.

If it serves my well-being, I allow this relationship or pattern to change form or end.

---

15. I now release from my consciousness the following feelings:

(Refer back to Box 2b.)

Willing | Open | Skeptical | Unwilling

5. INTEGRATING THE SHIFT

THE REFRAME STATEMENT

16. The story in Box #1 reflected how this experience was held in my body and identity.

From a more grounded and resourced place, I now understand this experience as:

I now realize…

17. I now affirm my right to move forward unburdened.

I withdraw my energy from past harm and release patterns of limitation that no longer serve my growth. I choose to support myself with clarity, compassion, and agency.

18. I surrender what I cannot control and commit to caring for what I can.

I trust my capacity to respond to life with discernment and self-respect.

19. A Note of Acknowledgment (Optional)

To (X) _____:

20. A Note to Myself

I recognize myself as a whole human being—shaped by experience, capable of healing, and worthy of ease. I commit to living with less burden and greater choice.