



EMOTIONAL FREEDOM

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“ Emotional freedom begins with the courage to face what holds us back, the wisdom to release it, and the grace to embrace the limitless potential within. ”

CURRENT RESEARCH:

The article "How the Brain Heals Emotional Wounds: The Functional Neuroanatomy of Forgiveness" highlights that forgiveness can help reduce anger and resentment, leading to positive emotional states. Brain scans of participants showed that forgiveness activated regions related to empathy, emotional regulation, and theory of mind, including the precuneus, right inferior parietal regions, and dorsolateral prefrontal cortex. This suggests that forgiveness involves reappraisal, which helps regulate negative emotions and fosters emotional healing.

Ricciardi E, Rota G, Sani L, Gentili C, Gaglianese A, Guazzelli M, Piccoli P. How the brain heals emotional wounds: the functional neuroanatomy of forgiveness. *Front Hum Neurosci.* 2013 Dec 9;7:819. doi: 10.3389/fnhum.2013.00819. PMID: 24367315; PMCID: PMC3856773.

Skill Practice: List three coping strategies from one of our guided journals that help you feel emotionally free.

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WHAT EMOTIONS ARE YOU FEELING?

Instructions: Rate your current emotion's intensity from 1 (low) to 10 (high). What action can you take to regulate or process this feeling?

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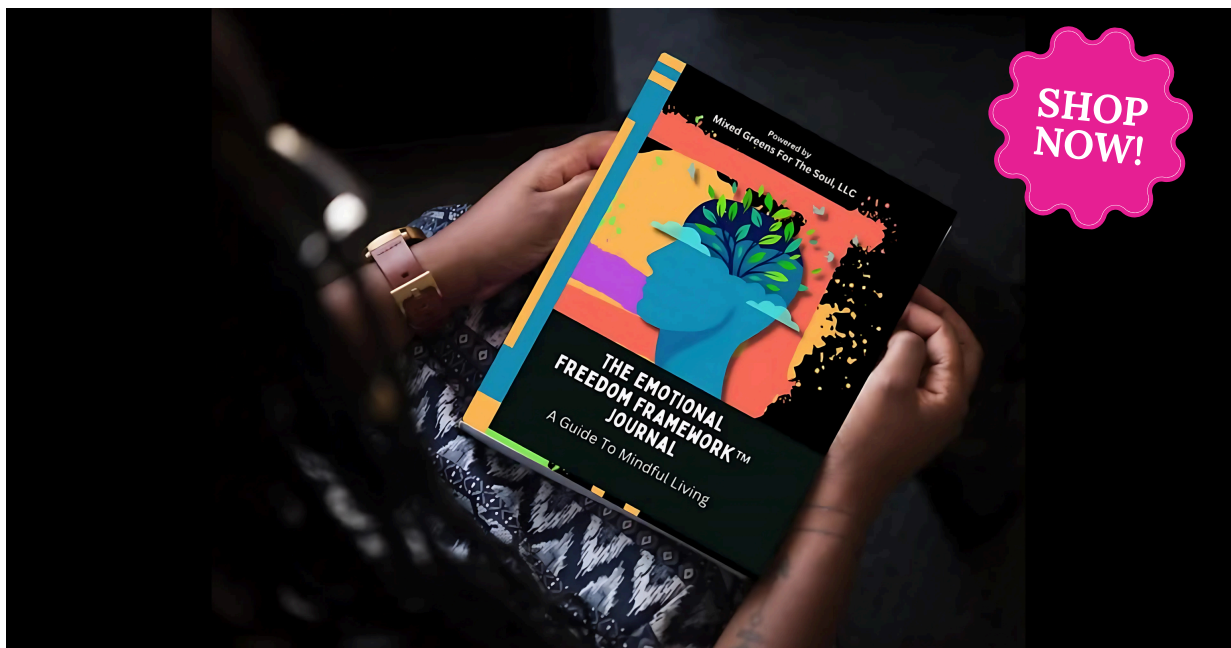
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THE EMOTIONAL FREEDOM FRAMEWORK™ GUIDED JOURNAL



- 30 POWERFUL PROMPTS
- ESSENTIAL TOOLS FOR HEALING
- QUICK, EASY STRATEGIES
- CREATED BY NATIONALLY
RECOGNIZED WELLNESS EXPERTS

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