

## DIVORCE DECREE

**Definition of Divorce:** a complete separation between two things; severance

On this day \_\_\_\_\_\_, I decree that I wish to divorce myself from all of my past baggage, damage, hurt and pain.

I have decided to divorce myself from the past pain, disappointments, hurts, sad memories, penetrating hateful words, unkind actions, abandonment, unfaithfulness (emotional or physical), for putting others first, hurt feelings, addictions, any and all damage inflicted and all unforgivable actions.

I choose to divorce my past, and all the negative memories attached to this decree. However, I choose to keep all the good memories and positive actions from my past.

All the negative memories from my past must die in order for the "New Me" to rise.