

Burn Release Book



This book is a space for release.

Burning is one of the oldest rituals of letting go. Whether it's pain, anger, fear, or memories you're ready to leave behind—fire transforms.

Use these prompts to put your feelings into words. Be honest. Be raw. Then, safely burn the page and let it go.

This is not about being perfect. It's about being free.

Write it. Burn it. Breathe.

Write down everything you've been holding in but haven't said out loud.		

What emotion are you tired of carrying? Describe it fully. Where did it start?		

If your sadness had a voice, what would it need to express and release?

Write about a moment when you felt abandoned.			

Vrite a goodbye letter to someone you still think about but know you need to let go of.		

Write the apology you never received—but always needed.		

moone you and	wed in your i	ine that you si	iodia nave we	llked away from	١.

Describe a love that left you empty. Let it all out.				

List every thought looping in your mind right now, no matter how petty or overwhelming.

What's something you keep trying to control that you know you need to release?		

What truth have you been avoiding? Write it here and burn it into light.		

Write out every "what if" that keeps you stuck.

What version of yourself are you ready to release? Describe them.				

Write a letter to your past self, then burn it with forgiveness.				

rite down the th	ings you must re	elease to get	to freedom -	financially, m	nentally, spiritu	ıally, et

Write a letter to someone who hurt you - release the thoughts you still hold on to.					

Write a letter of forgiveness to yourself. Be honest, gentle, and full of release.				
				

What memory do you revisit over and over? Retell it one last time, then set it free.					

What mistake do you keep punishing yourself for? Forgive yourself and let it go.					

Who do you need closure from? Write the conversation you wish could happen.					

Write down everything you've outgrown—people, habits, places, identities.

Write about the invisible burdens you carry that no one sees.					

What pain taught you something valuable-	-but still weighs heavy? Thank it, then let it go.			

te a message	•			

What fear is dictating your decisions? Where did it come from?				

Who drains you? Why have you allowed it? What boundaries need to be built or burned?					

What lies do you keep telling yourself just to get through the day?				

at toxic patte	erns have been	passed dowr	n to you? Wri	te them down	and break the	chain.

What lesson keeps repeating in your life? What would it take to finally release it?				

What thought would you never say out loud, but need to get out of your head?				

What do you wish someone would say to you? Write it for yourself.				