

A silhouette of a person sitting on a ledge, leaning forward with their head buried in their hands in a contemplative or distressed pose. The background is a warm, golden sunset or sunrise sky with a bright sun low on the horizon. The overall mood is one of introspection and emotional struggle.

What Do I Do
When I Can't
Forgive Myself?



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Therapist

But I Cant Forgive Myself

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