

Journey from Shame to Forgiveness

Reference Sheet for YouTube by Minute

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1:42:51 Pastor, M. with Schwartz, R. (2013). *The Unburdened Internal System*. <https://www.marielpastor.com/the-unburdened-system>

1:45:45 Schwartz, R. (2022). Exercise: Getting to Know A Protector. In Schwartz, R (first ed.), No Bad Parts, How the Internal Family Systems Model Changes Everything (pp. 23-4). Sounds True

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