I forgive Myself for past Mistakes

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Every day, I forgive myself for past choices. The more I forgive myself, the easier it becomes to forgive others.

I know that how another person acts or reacts to me is outside my control, and I must detach from the outcome of someone else's actions.

Regardless of what I may think that I deserve, I recognize that deserving anything negative that happens to me is untrue.

I accept myself as a flawed human being - perfection is an illusion, and it is impossible to be flawless. So, I choose to focus on improving myself instead.

If I make a mistake, I take responsibility, acknowledge it without hesitation, and apologize quickly. When I make a mistake, I simply understand why I did something and accept that and move on. I release the pain of holding onto that emotion.

Sometimes, that emotional pain comes back when I do something similar. When that happens, I remind myself that I've already forgiven myself and release that energy.

I forgive myself for making mistakes because forgiveness allows me to let go of those regrets and move forward, so I forgive myself for any mistakes I have made.

I forgive myself for allowing fear to influence my choices. I love myself enough to trust myself again after an experience like that.

Today, I love myself enough to accept that I am human, and I love myself too much to hold on to my emotions over something that happened years ago.

Self-Reflection Questions:

1. How can I release negative emotions?

2. What does forgiveness feel like to me?

3. What tools can I use to avoid repeating mistakes?