6 Steps for Forgiving Yourself

Step 1

Receive God's

Forgiveness

Repair

Make things right with what vou consider sacred (not just God)

Relationships

Step 2

• Pick up the pieces where you can, and when it appears unrepairable, pay it forward so others won't experience the fallout from your acts

Rethink **Ruminations**

Step 3

 Sometimes regret and remorse dominate us because we are feeling a bit perfectionistic. We can rethink those assumptions.

Step 4

REACH **Emotional** Self-Forgiveness (apply them to yourself)

Rebuild Self-Acceptance

Step 5

 Accept yourself as flawed but precious (often talking to someone is key)

Step 6

Resolve to Live Virtuously

 Make up your mind not to make the same mistakes again