



## EXERCISE 1A: FORGIVING YOURSELF

Take a moment to reflect on your actions in the past that you may regret. Ask yourself and journal the answers free-flow style—without editing:

- ◆ How has my refusal to forgive others harmed me? Is holding on to this resentment more painful than the incident?
- ◆ What mistakes did I make that I continue to feel guilty about?
- ◆ How am I punishing myself?
- ◆ Did I consciously or unconsciously blame and punish others for my mistake, and did that keep me stuck or harm others?
- ◆ What have I learned from my mistake? What positive things have come from it?
- ◆ How will forgiving myself improve my life?
- ◆ Do I deserve forgiveness? How do I positively impact others?

Once you reflect on these questions, fill in the blanks to create a –

### Self-Forgiveness Statement

I forgive myself for

From this mistake I learned

and became a better person because

I make the world a better place by

I choose to let go of the past and allow in the greater good I deserve.