



Learning to Forgive Yourself for Past Mistakes

Name:

What are you struggling to forgive yourself for? Learning to let go of the past is a healthy way to grow.




Why do you feel like you can't forgive yourself?

What are the overwhelming feelings you are dealing with?
Guilt? Shame? Humiliation?



Would you forgive someone you love for this mistake? What would you tell them if they came to you and asked for forgiveness?

Take a moment to reflect on three things about yourself that you love. What are they and why? This exercise will help you see the positive aspects of yourself, even in the midst of your mistakes.



How do you think it would feel to just let this burden go? What can you do to actively forgive yourself for your mistakes?