

# Self-Forgiveness Worksheet

**Instructions:** Before we can forgive others we have to forgive ourselves. When we don't forgive ourselves we move through life bitter and powerless. This exercise has nothing to do with anyone else or their feelings. It is purely designed to focus on self-forgiveness. This is not about anyone else's actions or behaviors in the situation or circumstance. This is about you and it is okay to be focused on you.

Take some time to reflect on one situation or area of your life where you might be holding onto guilt, shame, or resentment **towards yourself, for your own actions or words**. Use the questions below to guide your thoughts.

**Identify a specific event, action, flaw, etc.:** Recall a particular incident, decision, or regret you presently struggle with, or from your past, that you feel guilty or regretful about. Ask yourself, what situation or event bothers me most that I played a part in?

*Instances: hurting someone, unhealthy coping mechanism, personal flaw, unfulfilled promise or goal, mistake, poor decision.*

Situation/Event
_____
_____
_____
_____

**Feelings associated:** Describe or list the emotions/feelings connected to this event. How does it make you feel? Are you ashamed of something you said or did?

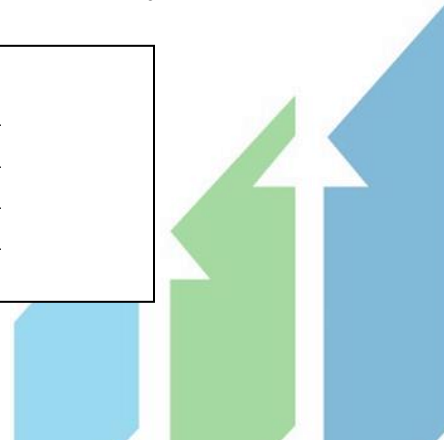
*Examples: shame, disappointment, anger, sadness, jealousy, guilt, humiliation, etc.*

Emotions/Feelings
1. _____
2. _____
3. _____
4. _____

**Impact on your life:** How has holding onto these emotions/feelings affected your life, your decisions, or relationships?

*Examples: Avoiding challenges, doubting abilities, suppressing emotions, self-deprecation, isolation, substance abuse, self-sabotage.*

Impact
1. _____
2. _____
3. _____
4. _____



**Find the benefit:** How will forgiving yourself benefit you or the people around you in the future?

*Examples: improved self-confidence, open to others, knowing what not to do, improved physical health, self-acceptance, compassion for others, etc.*

<b>Benefit</b>	
1.	_____
2.	_____
3.	_____
4.	_____

**Forgive Yourself:** Fill in the following statement or write your own self-forgiveness statement. Read it to yourself with love and compassion. If it helps, imagine yourself as a loving child, supportive best friend, or patient parent.

*Examples: I forgive myself for holding on to the pain I experienced as a child. It has caused me to doubt myself, feel ashamed and insecure and hold my true self back. I forgive myself because I love myself and I want to be more self-confident, and love myself.*

*I forgive myself for the negative things I say about my body. It has caused me to hate the way I look, feel insecure, and avoid situations. I forgive myself because I love myself and I want to accept and love myself and my body.*

*I forgive myself for treating someone so poorly. It has caused me to feel guilty and ashamed of my behavior and actions. I forgive myself because I love myself and I want to treat people better in the future and not make the same mistake.*

<b>I Forgive Myself</b>	
I forgive myself for	_____.
It has caused me to	_____.
I forgive myself because I love myself and I want to	_____.

Congratulations!!! You just set yourself on a new path of self-confidence, love, and acceptance. While completing this worksheet is a significant step in becoming more of your true self and living a richer life, its important to know that self-forgiveness is a process and it you may have to forgive yourself regularly before you feel its true benefits. I recommend you cut out the “I Forgive Myself” statement and carry it with you to combat any negative feelings that arise from the situation or event you identified.

