

EXERCISE: Forgiving Myself

Some people have great difficulty forgiving themselves; they may have harsh and critical internal voices. If you are able to forgive others for their faults, but you have a hard time forgiving yourself, you can benefit from practicing self-forgiveness. This involves learning to view yourself with the same kindness or compassion with which you view others. **Worksheet 15.9** on the next page can guide you through this process.

WORKSHEET 15.9. **Forgiving Myself**

1. This is what I need to forgive myself for:
2. This is the impact that what I did has had on me and others in my life:
3. This is how it continues to affect me and others:
4. This is how I imagine my life will be better if I'm able to forgive myself:
5. Forgiveness often begins with understanding. What life experiences have I had that might have contributed to what I did?
6. How would I think about someone else who did this?
7. What positive aspects of myself and my life do I tend to ignore when I'm feeling guilt or shame?
8. Forgiveness does not mean that you condone, forget, or deny what was done and the pain you have experienced. Instead, forgiveness means finding a way to let go of your guilt and shame, and understand your actions from a different perspective. Write with a kind, compassionate voice about how I can forgive myself for what I have done:
9. These are the qualities that I have that will allow me to move forward: