

- Journal about your emotions & don't hold back
- Recognize your thoughts of self-condemnation & replace them (like out loud)
- Write down positive outcome that can come from your mistakes
- Practice compassion towards others and yourself
- Roleplay, pretend the offender was someone else

Self forgiveness journal prompts

- Can anything change what happened?
- Do I allow myself to make mistakes?
- Have I done everything possible to make things right?
- Why am I holding on to this?
- How can I use this as an opportunity to grow?
- Write yourself a letter of forgiveness
- Write down ways your mistake has (or can) make you a better person if you let it

Just write about the experience

Rewrite by addressing the underlying feelings

Show yourself compassion

Take some time, and then forgive yourself for it seeking redemption in it

Write yourself a letter of forgiveness

You can't change the past. Leave the past in the past, take comfort in that you can move forward and have peace

Do I allow myself to make mistakes?

Self-forgiveness is about self-compassion, have acceptance and compassion for all of you, even the part that make mistakes. Making mistakes are necessary for growth.

Have you put your best possible effort into making it right? Yes

Why are you holding onto this?

Use this as an opportunity to grow

Final Assignment:

Finally, take a mirror and look yourself in the eyes and tell yourself you forgive your self well mentioning the very specific thing you need to forgive yourself for. It might take some practice to do this fully and successfully.