Forgiving Yourself for Past Mistakes

Forgiving yourself for past mistakes is a crucial step towards healing and self-growth. This worksheet is designed to guide you through the process of self-forgiveness. By engaging in these interactive journal prompts, you can begin to let go of self-blame and embrace a more forgiving and nurturing attitude.

Describe the mistake you are struggling to forgive yourself for. What happened, and how did it affect you and others involved?

How do you feel when you think about this mistake? Write down all the emotions that come up, such as guilt, shame, anger, or sadness.

Imagine you are comforting a friend who made the same mistake. What would you say to them? Now, write these compassionate words to yourself.

Write three affirmations that help you embrace self-forgiveness. For example, "I am worthy of forgiveness," or "I am growing and learning every day."

Close your eyes and visualize yourself letting go of the mistake. Imagine a weight being lifted off your shoulders. Describe this visualization and how it makes you feel.