

SELF-FORGIVENESS: TOOLS & WORKSHEETS

Created by a Registered Clinical Counsellor

THE 5 STEPS TO SELF-FORGIVENESS

UNDERSTAND WHAT SELF-FORGIVENESS MEANS FOR YOU

1. Consider how you feel about your mistakes. Do you feel guilty, ashamed, or embarrassed? Do you feel like you are not good enough? Do you feel like you are not worthy of love and acceptance? Do you feel like you are not good enough? Do you feel like you are not worthy of love and acceptance?

CONSIDER WHAT IT IS YOU'RE FORGIVING YOURSELF FOR

2. Reflect on the specific actions or behaviors that you are trying to forgive yourself for. Are you trying to forgive yourself for a mistake you made in the past? Are you trying to forgive yourself for a mistake you made in the present? Are you trying to forgive yourself for a mistake you made in the future?

CONSIDER YOUR FEELINGS AND YOUR ACTIONS

3. Think about how you feel about your mistakes. Do you feel guilty, ashamed, or embarrassed? Do you feel like you are not good enough? Do you feel like you are not worthy of love and acceptance? Do you feel like you are not good enough? Do you feel like you are not worthy of love and acceptance?

APPLY THE COURAGE TO OTHER SELF-FORGIVENESS

4. Think about how you feel about your mistakes. Do you feel guilty, ashamed, or embarrassed? Do you feel like you are not good enough? Do you feel like you are not worthy of love and acceptance? Do you feel like you are not good enough? Do you feel like you are not worthy of love and acceptance?

APPLY SELF-FORGIVENESS TO YOUR FUTURE

5. Reflect on the specific actions or behaviors that you are trying to forgive yourself for. Are you trying to forgive yourself for a mistake you made in the past? Are you trying to forgive yourself for a mistake you made in the present? Are you trying to forgive yourself for a mistake you made in the future?

THE SKILL OF SELF-FORGIVENESS

When we make mistakes, they tend to make us feel like we are not good enough. We may feel like we are not worthy of love and acceptance. We may feel like we are not good enough. We may feel like we are not worthy of love and acceptance.

WHAT IS SELF-FORGIVENESS?

- Accepting that you are a human who has feelings and human mistakes
- Letting go of anger for your past feelings and thoughts
- Letting go of the need for perfection or punishing yourself for your past
- Extending self-kind and self-compassion for your mistakes



WHAT MESSAGES DOES WE DON'T FORGIVE OURSELVES?

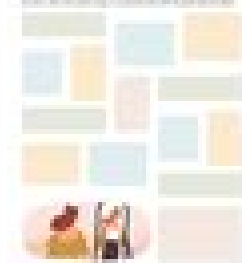
- We have unconditional love, grace, and offering.
- We may try to punish ourselves using self-discipline techniques.
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SIGNS THAT YOU MAY NEED TO FORGIVE YOURSELF:

- You want to be more compassionate to yourself.
- You feel overwhelmed, nervous, or anxious.
- You struggle to let go of your past feelings and thoughts.
- You constantly think about your feelings, thoughts, and actions.
- You experience high levels of stress and anxiety.
- When you think about yourself, you feel like you are not good enough.
- You feel like you are not good enough.
- You feel like you are not good enough.

HOW TO PRACTICE SELF-FORGIVENESS

There are many ways to practice self-forgiveness. Some of the most common ways are:



SIGNS THAT SHOWS YOU FORGIVENESS

There are many signs that show you forgiveness. Some of the most common signs are:



Learning To Forgive The Sinclair Men Book 3

TD Snyder



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