

Self Forgiveness

Step 1: Remembering the experience

Allow yourself to remember experience(s) from the past that cause you guilt/shame, etc. and feel the emotions.

Step 2: EMOTIONS

Allow yourself to feel vulnerable. Let yourself concentrate on experiencing your emotions while taking several deep sighs (if possible, breathe through your mouth). *Don't try to figure out the causes yet, focus on the emotions.* Keep in mind that feelings can be both rational and irrational.

Step 2: Reflect

Identify possible cause(s) of the emotions. Since you cannot change the experience or the outcome that happened in the past, what can you learn from it that can be used today? Putting to use today, the lessons learned from those situations can help you make better decisions in the present and thus feel more empowered.

Step 3: Resolution

Use your new insights in present situations to get a different outcome. If you feel those feelings in step 1 again, follow the previous steps again or remind yourself that you have done them and focus on your empowerment.