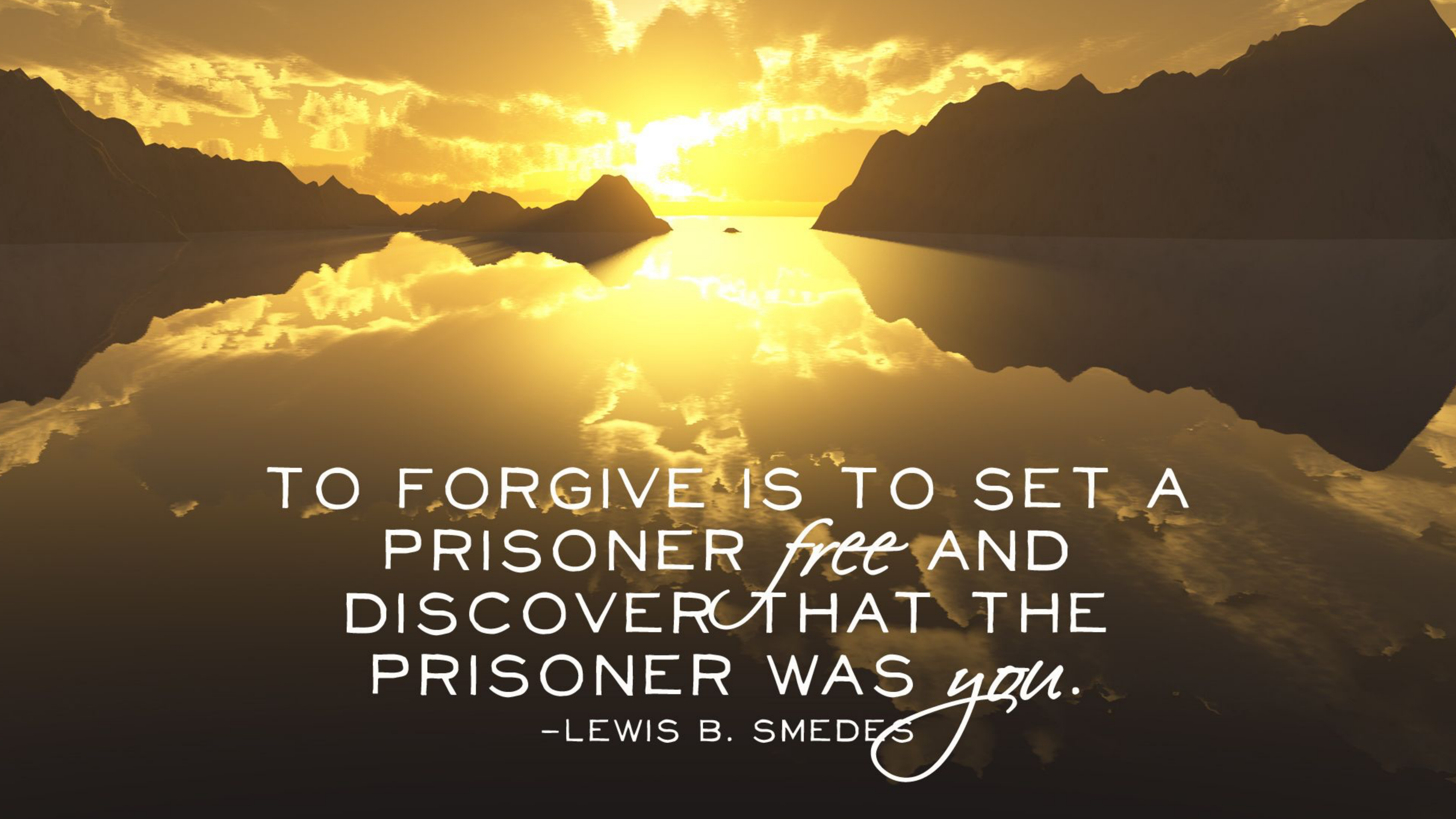


SELF FORGIVENESS





TO FORGIVE IS TO SET A
PRISONER *free* AND
DISCOVER THAT THE
PRISONER WAS *you*.

-LEWIS B. SMEDES

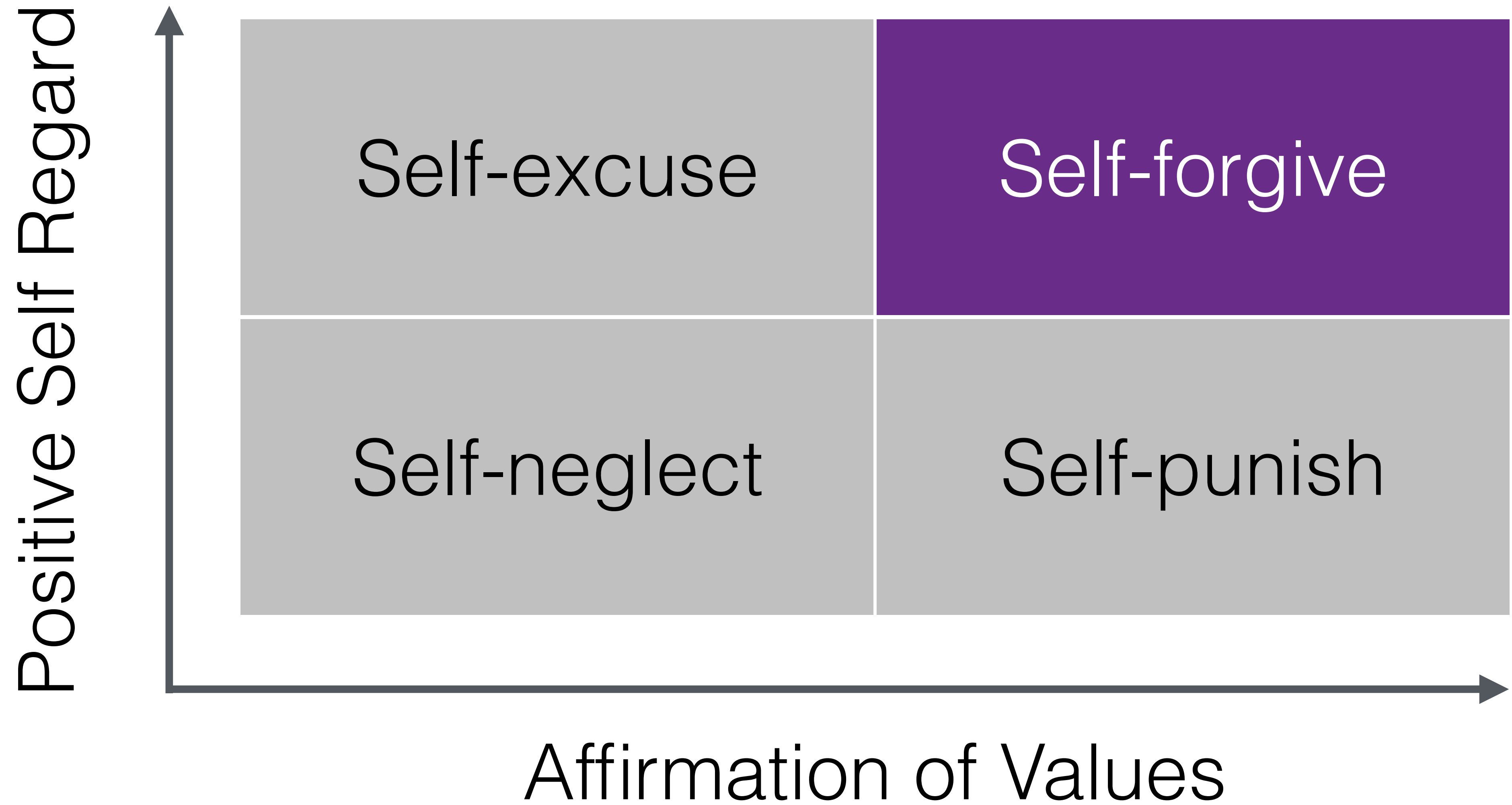
Self forgiveness is the way we release ourselves from judgements we have made.

It requires that we acknowledge we made the judgment and can therefore change it.

Self forgiveness relies on two related but different concepts:

1. Affirming your own values
2. Restoring a positive view of self

SELF FORGIVENESS



Self Forgiveness

If you reaffirm your values but **don't recover emotionally** you will tend to punish yourself.

If you do neither - you will neglect yourself.

If you recover emotionally but **don't reaffirm your values** you will tend to excuse your actions or blame someone else.

Self Forgiveness

Exercise:

How would your life be different if you went to sleep tonight and woke having completely forgiven yourself?

Steps In Self Forgiveness

1. What did you do/say?
2. What motivated you?
3. What were the immediate consequences?
4. What are the ongoing consequences?
5. What feeling are you holding on to?
6. Who was affected?
7. Can you make amends?
8. Will you extend compassion? (them and you)
9. What have you learned?

Steps In Self Acceptance

1. What was “worthy” of you before?
2. What is “good” about you - always?
3. What makes you value-able?
4. What positive characteristics do you display?
5. Who likes you and why do they?
6. Who accepts you ‘warts and all’?

Self-acceptance means
embracing our ability to **learn**
and **grow** from our mistakes
as who we are becomes
closer to **who we want to be.**

Put it this way:

If life is a series of lessons...

Then it follows that the lessons will show up as difficulties, problems, confrontation and people who offend, discriminate, hurt and/or damage...

When you forgive, you are 'allowing' the learning...

When you 'allow' - gratitude follows.

Assignments

<i>1</i>	What do you need to work on as far as your values are concerned?
<i>2</i>	What do you need to work on as far as your self esteem is concerned?
<i>3</i>	List your “lessons” and find gratitude for them. <i>(forgiveness will automatically follow)</i>