

Chapter 1 : How Do You Forgive Yourself?

To forgive yourself, you must be aware of what you need to forgive. Writing out a detailed step-by-step guide may help you focus on what is important and give you the structure for an apology to yourself or others.

Improved self-esteem Why is it so easy to hold a grudge? Being hurt by someone, particularly someone you love and trust, can cause anger, sadness and confusion. If you dwell on hurtful events or situations, grudges filled with resentment, vengeance and hostility can take root. If you allow negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. Some people are naturally more forgiving than others. What are the effects of holding a grudge? Forgiveness is a commitment to a personalized process of change. To move from suffering to forgiveness, you might: You might even find compassion and understanding. If you find yourself stuck: Ask yourself why he or she would behave in such a way. Perhaps you would have reacted similarly if you faced the same situation. Be aware that forgiveness is a process, and even small hurts may need to be revisited and forgiven over and over again. Does forgiveness guarantee reconciliation? If the hurtful event involved someone whose relationship you otherwise value, forgiveness can lead to reconciliation. Reconciliation might be impossible if the offender has died or is unwilling to communicate with you. In other cases, reconciliation might not be appropriate. Think of forgiveness more about how it can change your life – by bringing you peace, happiness, and emotional and spiritual healing. Forgiveness can take away the power the other person continues to wield in your life. Avoid judging yourself too harshly. Speak of your sincere sorrow or regret, and ask for forgiveness – without making excuses. Others need to move to forgiveness in their own time. Whatever happens, commit to treating others with compassion, empathy and respect.

Chapter 2 : What does the Bible say about forgiving yourself?

The best thing you can do for yourself in order to forgive is start replacing the negative behavior and thoughts with more appropriate ones that are congruous with your morals and values. By so doing, you reaffirm to yourself that you can handle situations in the way you want to.

Buscaglia You mean I am a source of many wonderful things? Own up to it. Leo has it right. Despite all the things that you think may be terribly wrong with you, love yourself. Tattoo it on your brain. It is incredibly dull and uninspiring to be around people who do not love themselves. I spent many years being anorexic and feeling like I was a monster. It is very challenging to hire someone or love someone who fights you by holding up a mirror of hatred toward themselves. Take a picture of your face and remember that in 10 years time you will be amazed at how gorgeous you were. Identify something about you that you may not adore and find a way to at least laugh at it or like it, even a little bit. I have profound hearing loss; in fact, I am almost deaf and wear hearing aids. I have ringing in my ears 24 hours a day, 7 days a week. Does it drive me mad most days? However, it is here to stay, and I have learned that I can make light of it or sit home and feel sorry for myself because I am missing out on what feels like everything. Either way the choice is mine to make. I have also learned that because of my hearing loss, my other senses are highly attuned. I am more compassionate because of it. I am a healer. I am also awesome at reading lips. Can you find a way to cultivate the opposite? I lead a meditation in my workshops on forgiveness, and every time, without fail, people start crying. Almost everyone in the room will have at least shed a tear. This leads me to believe that we are all indeed connected, a union which is what the word Yoga means. The human experience is so similar, and yes, I know the details are vastly different, and that the devil lies in the details, but we still share the same weight on our shoulders. That weight would be diminished if we chose to forgive instead of harboring guilt or anger. People cry most in my workshops when we do the meditation on forgiving yourself. What can you forgive yourself for today? I carried it around for many years and let it color my life a dark airless color. I forgive myself for not being perfect. This shift occurred was when I was finally able to let go of my eating disorder. We often hold ourselves to impossible standards and end up feeling bad. Be good to yourself. Do things that you inspire you daily. Grab your iPad or your notepad or even your hand and draw up a list of things you can do today to make you feel good. Keep adding to the list. Forgive yourself if you skip a couple and love yourself no matter how long or short the list is and how much you accomplish on it. You will not be graded or tested on this list. My list involves a lot of laughing. Do something every single day that makes you feel good, whether it is changing your thought patterns or taking a bath while reading a magazine in the tub. Pleasure and joy are highly underrated and beating ourselves, up highly overrated. One of my main rules as a yoga teacher is that if you fall, you must laugh and take down your neighbor, which cultivates a sense of humor, and hopefully a little joy. You need at least a little joy daily. Sprinkle it on your cereal, slip it in your downward facing dog, add it to your pinot noir. Accept that you are indeed the source of many wonderful things. If you need help remembering what they are from time to time, keep making your feel good lists. Keep coming back to the love that is inherently yours. It is your birthright. And so it is. A student told me after she returned from my July Ojai retreat that she wanted to live her life every day as if she was still on the retreat. What a revolution of the mind. You will train other people to do the same. Pretty much what matters most at the end of the day. You being good to you. The rest will follow. So get up and dance.

Chapter 3 : Forgiving Yourself

Forgiving yourself isn't a slogging, long-term, "good day/bad day" type of thing, Marshall says. "At some point," she says, "you reach a turning point. Something shifts.

There is a tendency in all of us to hold ourselves more accountable than we do others. Perhaps you have been one who can justify forgiving others, even for a heinous offense, yet you find no justification for forgiving yourself for an equal or lesser offense. Perhaps you believe that forgiving yourself is not even a consideration because you think you must hold yourself in a state of constant remembrance, lest you forget. Perhaps you believe there is a price, some form of life-long penance that you must pay. Forgiving Yourself - The Divine Example Forgiving yourself is not specifically addressed in the Bible, but there are principles regarding forgiveness that should be applied. For example, when God forgives us, it states that He remembers our sins no more Jeremiah This does not mean that our all-knowing Father God forgets, but rather, because He forgives us, He chooses not to bring up our sin in a negative way. Peter said, "In truth I perceive that God shows no partiality" Acts Applying "no partiality" to the issues of forgiveness, God does not choose to forgive one person and not another. He forgives everyone who believes in Jesus Christ. Applying His "no partiality" standards to ourselves, it is just as important to forgive ourselves as it is to forgive others. Forgiving yourself is not about forgetting. It is about not bringing the offense up to yourself in negative ways. Forgiving yourself is simply letting go of what you are holding against yourself so that you can move on with God. To continue to rehearse in our thoughts the events of our transgression, opposes Philippians 4: Forgiving Yourself - Personal Action Proverbs Every bit of energy we give to negative activities and dwelling on regrets, robs us of the energy we need to become the person God wants us to be. Life is full of choices and every choice we make will either take us in a positive, life-giving direction or rob us of the opportunity to be a life-giving individual. Forgiving ourselves does not let us off the hook, it does not justify what we have done, and it is not a sign of weakness. Forgiveness is a choice that takes courage and strength, and it gives us the opportunity to become an overcomer rather than remaining a victim of our own scorn. If you do not forgive yourself of past sins, it is a form of pride. Whenever we enact a different set of rules, a higher set of standards for ourselves over others, that is pride. When we can find it within ourselves to forgive others, but not ourselves, we are saying that we are less capable of making a poor decision than others. We are somehow more intuitive, wiser, more insightful, more careful than others, and therefore, we are without excuse and should not forgive ourselves. When we reject the forgiveness extended to us by God and others, when we refuse to forgive ourselves, what we are doing is setting ourselves above others and that is pride! Christian forgiveness will bring peace. Forgiving Yourself - Helping Others and Yourself Forgiving yourself is also important for those in your sphere of influence. It is a well-known fact that hurting people hurt others. The longer you avoid forgiving yourself, the longer you allow yourself to harbor the feelings that you deserve to suffer for what you did, the more explosive you will become and, therefore, the more apt you are to hurt others. The reality is that you cannot change what has happened. You cannot restore lives to where they were before the event. However, you can make a difference in the lives of others. You can give back some of what you have taken away by finding a different place to invest your time and compassion. Forgive yourself and let the healing begin! Forgiving yourself will change the direction of your life. Consider the following prayer. Read quietly through the following declaration and then read it aloud. Or perhaps you would like to use your own words. Whichever you do, give voice to it. You need to hear yourself forgive yourself! There is great power in the spoken word! Dear Heavenly Father, I understand that there is nothing to gain by holding myself in unforgiveness and there is everything to gain by releasing myself from unforgiveness and beginning the process of healing. I want to move forward and make a positive difference in the future. I confess the ungodly accountability, self-abasement, and the vows I have made to never forgive myself. Because Jesus died for my sins, I choose to forgive myself--to no longer punish myself and be angry with myself. I forgive myself for letting this hurt control me and for hurting others out of my hurt. I repent of this behavior and my attitude. I ask for Your forgiveness and healing. Thank you for loving me and for Your grace to move forward with You. God , the

Father, sent His only Son to satisfy that judgment for those who believe in Him. Jesus , the creator and eternal Son of God, who lived a sinless life, loves us so much that He died for our sins, taking the punishment that we deserve, was buried , and rose from the dead according to the Bible. If you truly believe and trust this in your heart, receiving Jesus alone as your Savior , declaring, " Jesus is Lord ," you will be saved from judgment and spend eternity with God in heaven. What is your response?

Chapter 4 : The Healthy Way to Forgive Yourself | GGM

You only hurt yourself when you do not forgive. And while you may think that you don't deserve forgiveness and that you should have to hold on to the pain and the negative emotions, that doesn't.

Bookmark The ability to forgive ourselves for mistakes, large and small, is critical to psychological well-being. Difficulties with self-forgiveness are linked with suicide attempts, eating disorders, and alcohol abuse, among other problems. But self-forgiveness can have a dark side. Research suggests that while it relieves unpleasant feelings like guilt and shame, it may also “in some cases” reduce empathy for others and motivation to make amends. In other words, self-forgiveness may at times serve as a crutch, producing a comforting sense of moral righteousness rather than a motivating sense of moral responsibility. Is there a healthy way to forgive ourselves? Recent research, described below, can shed some light on this question. It applies primarily to situations where people have behaved in harmful ways and have not yet taken responsibility or made amends. Importantly, it is not relevant to those who unfairly blame themselves for an event for which they were not responsible, such as being the victim of violence or abuse. Advertisement X A three-course professional certificate series that teaches you the what, why, and how of increasing happiness at work. Feeling bad when we do something wrong is natural, and maybe even useful. Without it, where would we find the motivation to do better next time? But not all bad feelings are equally beneficial. Shame, which involves negative feelings about the self as a whole. Research suggests that criminal offenders who recognize that doing bad things does not make them bad people are less likely to continue engaging in criminal activity. And remorse, rather than self-condemnation, has been shown to encourage prosocial behavior. Healthy self-forgiveness therefore seems to involve releasing destructive feelings of shame and self-condemnation while still experiencing some degree of guilt and remorse. In theory, self-forgiveness is only relevant in the context of transgressions that an individual has acknowledged and taken responsibility for. Without the recognition of wrongdoing, what would there be to forgive? In practice, however, self-forgiveness can sometimes be code for avoiding culpability. The self-forgiveness formula most conducive to constructive change seems to involve an acknowledgement of both positive and negative aspects of the self. Research suggests, for example, that people who have more balanced, realistic views of themselves are less likely to use counter-productive coping strategies like self-handicapping than those who either inflate or deflate their self-images. Along similar lines, self-forgiveness interventions have been shown to be most helpful when combined with responsibility-taking exercises. Alone, self-forgiveness seems to do little to motivate change. Rather than simply going through the motions of atonement, we should consider what kinds of reparative behaviors will actually make a difference for others, and for our own growth. Even some forms of self-punishment may be useful when motivated by a desire for self-improvement rather than anger at the self, though researchers recommend that such punishment be mild and time-limited, and never physically or psychologically harmful. For example, a teenager who has engaged in shoplifting might decide to donate clothes to a homeless shelter. Foster empathy for the victim. Research has found that self-forgiveness is negatively associated with empathy for victims. As self-forgiveness increases, empathy tends to decrease. This disconnect is understandable: But self-forgiveness is not supposed to be easy, and without incorporating empathy it can feel empty. Practices like lovingkindness meditation can help us cultivate compassion for ourselves while also offering it to others. Importantly, self-forgiveness need not be all-or-nothing. Rather than being a form of self-indulgence, self-forgiveness might be better seen as an act of humility, an honest acknowledgment of our capacity for causing harm as well as our potential for doing good. This article has been revised in response to concerns raised by readers about how it might be misread. We are grateful for the feedback. Greater Good wants to know: Do you think this article will influence your opinions or behavior?

Chapter 5 : 9 Tips for When You Can't Forgive Yourself - Mark Merrill's Blog

When you can't forgive yourself because of something you've done to someone else, sometimes all it takes is a sincere apology to make things right. Apologies are most effective if made in person.

This is what we call a stronghold, or an incorrect thinking pattern that needs to be torn down in your mind. If you have repented of your sins, and taken them before the Lord, then you are forgiven. We need to love and accept the person that Christ has made in us, and forgive ourselves as Christ has forgiven us! The importance of forgiving yourself. When you look inside, you hate yourself, you could kick yourself over and over for your past failures and choices. You still feel ashamed and guilty over your past and you keep holding it against yourself. The way you see yourself is not an accurate picture of what Christ has done for you. It is basically denying the work that Jesus accomplished for you on the cross! If your sins are forgiven, then you need to see yourself as separated from your sins. You are wrapped up in guilt and condemnation my friend. When the recipient of a gift receives it gladly and with joy, the giver is glorified. But when the recipient receives the gift, but ignores it, the giver is mocked, belittled and feels unappreciated. Think how your heavenly Father feels when He looks down and sees His children walking around beating themselves up over things that He shed His blood so that they could be forgiven and set free from? I believe it is clear that failing to forgive ourselves from our past mistakes is denying the work of the cross and the shed Blood of Christ in our lives. You will be hindered and held back from freely and confidently living out who you really are in Christ! It will cause you to see things through the eyes of guilt, shame and condemnation. It will ruin your faith, and cause you to go blind spiritually: The Greek root word *Heautou* refers not only to others, but also to ourselves! If we are unforgiving towards ourselves, we open that door for tormenting spirits to come against us because we are not really accepting the work that Christ did for us on the cross. Another key to the demonic is bitterness, and when we become bitter with ourselves, we become defiled spiritually: We are saying, "I hate myself because I did that sin. Failing to forgive ourselves is denying or rejecting the gift of God and brings no glory actually dishonor and humiliation to what Jesus did for us. What Hebrews chapter 10 has to say: For then would they not have ceased to be offered? But in those sacrifices there is a remembrance again made of sins every year. For it is not possible that the blood of bulls and of goats should take away sins. Wherefore when he cometh into the world, he saith, Sacrifice and offering thou wouldest not, but a body hast thou prepared me: In burnt offerings and sacrifices for sin thou hast had no pleasure. Above when he said, Sacrifice and offering and burnt offerings and offering for sin thou wouldest not, neither hadst pleasure therein; which are offered by the law; Then said he, Lo, I come to do thy will, O God. He taketh away the first, that he may establish the second. By the which will we are sanctified through the offering of the body of Jesus Christ once for all. And every priest standeth daily ministering and offering oftentimes the same sacrifices, which can never take away sins: But this man, after he had offered one sacrifice for sins forever, sat down on the right hand of God; From henceforth expecting till his enemies be made his footstool. For by one offering he hath perfected forever them that are sanctified. Whereof the Holy Ghost also is a witness to us: Now where remission of these is, there is no more offering for sin. Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus, By a new and living way, which he hath consecrated for us, through the veil, that is to say, his flesh; And having a high priest over the house of God; Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water. If you are in denial, then forget trying to treat the root of your problem. You need to see the problem before you can apply the solution. It might even be helpful to list all of the things that you hate about your past, and one-by-one, give them to the Lord and release yourself from each failure. You need to accept what Jesus has done for you by faith. In Luke 7, Jesus took a very sinful woman likely a prostitute and freely washed her clean without hesitation. It is true that if we take our sin to Jesus, He will freely forgive us without hesitation: You need to open up your heart, and allow the light of Christ to shine into the darkness of your soul. Step 4, begin to see the "new creature" of Christ within you. You are not seeing yourself as you really are. You need to see your past as "paid in full" by the work that Christ did for you on the cross! Seeing things with this perspective changes everything! You

need to begin seeing yourself through the blood of Jesus. Abraham believed God, and it was counted unto him for righteousness. Now to him that worketh is the reward not reckoned of grace, but of debt. But to him that worketh not, but believeth on him that justifieth the ungodly, his faith is counted for righteousness. Even as David also describeth the blessedness of the man, unto whom God imputeth righteousness without works, Saying, Blessed are they whose iniquities are forgiven, and whose sins are covered. Blessed is the man to whom the Lord will not impute sin. I did not earn it, yet He gave it to me, and I receive it by faith in Christ Jesus. Now my life is in Christ as I have been raised to life with Him and I am free to walk in the newness of life. He wants me to draw near to Him with a true heart, in full assurance of faith, being sprinkled clean from an evil conscience. Or are you still a sinner in need of salvation? Are you in Christ or not? Then accept His gift with great joy, and begin to see yourself as that new creation Begin to see you the same way that your Heavenly Father sees you!

Chapter 6 : Forgiving Yourself? - Life, Hope & Truth

The longer you avoid forgiving yourself, the longer you allow yourself to harbor the feelings that you deserve to suffer for what you did, the more explosive you will become and, therefore, the more apt you are to hurt others.

How Do You Forgive Yourself? Guilt actually encourages people to have more empathy for others, to take corrective action, and to improve themselves. Self-forgiveness following guilt is self-essential to esteem, which is key to enjoying life and relationships. Yet, for many, self-acceptance remains elusive because of unhealthy guilt. Guilt may be an unrelenting source of pain. You might believe that you should feel guilty and condemn yourself not once, but repeatedly. Guilt also may simmer in your unconscious. Either way, this kind of guilt is insidious and self-destructive and can sabotage your goals. Guilt causes anger and resentment, not only at yourself, but toward others in order to justify your actions. Anger, resentment, and guilt sap your energy, cause depression and illness, and prevent success, pleasure, and fulfilling relationships. They keep you stuck in the past and prevent you from moving forward. You may feel guilty not only for your actions, but also for your thoughts – for wishing someone pain, misfortune, or even death; for feelings such as anger, lust, or greed; for lack of feelings, such as unreciprocal love or friendship, or for not grieving the loss of someone close. People often judge themselves based upon the blame or false accusations emanating from others, which they believe to be true. For example, a woman projects her selfishness onto her husband. He believes it, not realizing it is she who is selfish an attribute. A man might blame his anger feeling or mistake action on his partner, and she believes him and feels guilty. When it comes to divorce, those initiating it often feel guilty, even though responsibility for their marital problem is shared or was primarily due to their partner. Guilt should be distinguished from shame. Shame causes you to feel inferior, inadequate, or bad about who you are versus what you did. When irrational and not absolved, guilt can lead to shame. Instead of enhancing empathy and self-improvement, it has the opposite effect. It leads to greater self-preoccupation and undermines both the self and relationships. If you already have low self-esteem or have issues around shame most people do , it may be difficult to concentrate on what it is you feel guilty about. However, this is necessary in order to get past it. Rationalizing or brushing it under the rug to avoid self-examination may help temporarily, but will not achieve self-forgiveness. Alternatively, beating yourself up prolongs guilt and shame and damages your self-esteem; accepting responsibility and taking remedial action improves it. Here are suggested steps you can take. I refer to actions, but they apply equally to thoughts or feelings you feel guilty about: Analyze what your needs were at that time, and whether they were being met. If not, why not? What were your motives? What or who was the catalyst for your behavior? Does the catalyst remind you of something from your past? Write a story about it, and include dialogue and your feelings. How were your feelings and mistakes handled growing up? Were they forgiven, judged, or punished? Who was hard on you? Were you made to feel ashamed? Do you need their approval? They may never approve, or you may sacrifice yourself and your happiness seeking approval. Identify the values and beliefs that in fact governed you during the event? Did your actions reflect your true values? If not, trace your beliefs, thoughts, and emotions that led to your actions. Think about what may have led you to abandon your values. Notice that you hurt yourself when you violate your values. This actually causes more harm than disappointing someone else. How did your actions affect you and others? Whom did you hurt? Include yourself on the list. Think of ways to make amends. Take the action, and make them. For example, if the person is dead, you can write a letter of apology. You can also decide to act differently in the future. Looking back, what healthier beliefs, thoughts, feelings, and actions would have led to a more desirable result? Do you expect perfection? Has this improved your overall well-being? Perfection is illusory and a manifestation of underlying shame. Would you forgive someone else for the same actions? Why would you treat yourself differently? How does it benefit you to continue to punish yourself? Remorse is healthy and leads to corrective action. Write yourself an empathic letter of understanding, appreciation, and forgiveness. If appropriate, talk about what happened in a Step group. Secrecy prolongs guilt and shame. Realize that you may forgive yourself and still believe you were at fault, just as you might forgive someone else even though you think the person was in the wrong. Perhaps, you did your best, given your circumstances,

DOWNLOAD PDF FORGIVING YOURSELF

awareness, maturity, and experience at the time. This is a healthy, humble attitude. You may be suffering from shame, which predisposes you to self-loathing, guilt, and feeling bad about yourself. This can be healed in therapy. See my posts on self-love and nurturing, and get my ebook, *10 Steps to Self-Esteem*. Lancer has counseled individuals and couples for 28 years and coaches internationally. *How Do You Forgive Yourself?*. Retrieved on November 9, , from <https://>

Chapter 7 : Love Yourself, Accept Yourself, Forgive Yourself

Answer: Never does the Bible talk about the idea of "forgiving yourself." We are told to forgive others when they trespass against us and seek forgiveness. We are told to forgive others when they trespass against us and seek forgiveness.

Did you forgive them? There is a very good chance that you did. Now think back to the last time you harmed someone else. Have you forgiven yourself? We all make mistakes. Oftentimes, through our actions, somebody gets hurt. During this past year, I served as a liaison between my fraternity and a seventeen-year-old cancer patient in a local hospital through the Adopt-a-Family program. This patient, Josh Goldstein, passed away around the beginning of March. My responsibility as liaison was to have a regular communication with Josh. I failed in this responsibility. In the month after Josh died, I was overcome by shame. My belief that I was a fundamentally good person was shattered. How could I be so neglectful? Why did I not spend more time with him? I was standing in the rafters, listening to a speech by the mother of one of the families that we had helped. I literally could not touch my friends who had been standing next to me because I might have contaminated them with the disease that was my poor character. This terrible feeling continued, and tears began to stream down my face. Flashing before my eyes, I saw all the opportunities I had to visit Josh in the hospital but had chosen not to. His last wish had been that we would not forget him after he passed. I pictured Josh saying this over and over again. And then a strange thing happened: I realized that not only was I not going to forget Josh, but that I would never make the same mistake again. In an instant, I had forgiven myself, letting go of the pain and accepting that I could still be a good person even if I made a serious mistake. How to Forgive Yourself Right Now 1. Accept yourself and your flaws. Know that despite your flaws, you are okay as you are. What you think of as a defect actually makes you far more interesting to others. But you are also on a path of growth. Your mistakes and failures help you improve. As flawed as you may be, you must accept yourself, flaws and all, if you are to make progress in your life. Remember that you are not a bad person. You can do something wrong while still being a good person. A lot of guilt or shame can make you feel like there is something wrong with you. Realize, right now, that there is a very big difference between doing a bad thing and being a bad person. Sometimes you just need to get it off your chest. Talking to someone else about what is bothering you can have serious benefits. When you are upset at yourself, emotions can cloud your reasoning abilities. A friend will often point out a reason why you deserve to forgive yourself that you never would have seen. You always feel better when somebody else has your back. Knowing that other people are less critical of you than you are of yourself can be encouraging. Professional help may be necessary or at least a good decision in some cases. If your self-hatred seems insurmountable, you might want to consider this. Talk to your internal voice. Imagine that there is some other entity that is thinking your self-critical thoughts and have a conversation with them. It might sound silly, but you should give this entity a name, which will reinforce the idea that this voice is separate from you. It might be to protect you, to prevent you from making the same mistake again, or to help you improve in some way. When you realize that your thoughts of guilt or shame are intended for your benefit, it becomes easier to forgive yourself. You can find another way to satisfy that positive intent while reducing your guilty feelings. In my case, one of the positive intentions of my internal voice constantly shaming me was to help me remember Josh after he passed. Since forgiving myself, I have dedicated each of my yoga sessions to Josh, which ensures that he will not be forgotten. Do the best friend test. Imagine your best friend had done exactly what you did and then came to you for advice. What would you tell them? You would reassure them and tell them not to be so hard on themselves. You would tell them that everyone makes mistakes. You would tell them that they deserve to be forgiven. Erin Pavlina has written a fantastic example of using this technique that I highly recommend checking out! Despite the challenge, emotionally healthy people must have the capacity to forgive themselves when they have made a mistake. When you forgive yourself, you are not pretending as though it never happened. On the contrary, you are acknowledging that your actions have consequences. But the consequences need not include self-inflicted negative feelings. Not forgiving yourself is like picking at an open wound; you are only making a bad situation worse. The wound is already there, but you do have control over your reaction to it, and you can stop

it from getting worse. About Michael Davidson Michael Davidson has written for over a year about finding happiness and health. The keys to his heart are dark chocolate and an encyclopedic knowledge of Simpsons quotes.

Chapter 8 : 5 Ways to Forgive Yourself - wikiHow

ways to forgive yourself - Happify.

These words can be devastating to someone who is asking for forgiveness. But when these are the words you say quietly to yourself, they can be absolutely crippling. Some of the harshest words you may ever hear are the words you say in your heart: Your marriage and family may ultimately be at stake. You must make the decision: I will not dwell on this incident. Maybe what you did was a big deal—or maybe it just feels like it was. Pretend it was someone else that you love who did what you did. Ask yourself how you would view them. If you need to, look for help from someone you trust to examine what occurred. Beating yourself up constantly is not a requirement of grief. Everyone hurts others eventually. But not everyone will learn from what they do. Be someone who is willing to learn from your past to benefit your future. Record Your Reflections Sometimes capturing a record of your thoughts and feelings can help you face them honestly. Do some light journaling for a few days. Focus on what you are struggling to let go of and what you would do if you could be free of the burden of guilt you feel. Feel the Love I hope you know someone in your life who loves you unconditionally. If so, draw them into your struggle for encouragement. Their best help may be simply to listen well and to remind you that you are loved. Agree with God If you know God and have confessed your wrongdoing to Him, you can know you are forgiven. So if Almighty God, the One who knows you better than yourself, forgives you, then you should agree with Him and forgive yourself. Have you ever struggled to forgive yourself? Were you able to forgive yourself? Please share in a comment below.

Chapter 9 : Forgiveness: Letting go of grudges and bitterness - Mayo Clinic

Forgiving Yourself Home > Forgiving Yourself This is an excellent companion to a couple teachings I published entitled, " It's vital to love yourself " and " The forgiveness of sins ".

Comment Do you ever find yourself feeling guilty, even when you may not actually be all that guilty? Maybe you blame yourself for something, cannot let it go and wish to learn how to forgive yourself? As well as feeling guilt, you may also find it hard to actually move on from your past mistakes and accept whatever happened, thus forgiving yourself. We can all find it hard to forgive ourselves sometimes as we tend to always see the bad in what we do, not the positives. We also tend to blame ourselves a lot, which is not a good way to live. I am going to talk about ways of forgiving yourself. Why Is Self Forgiveness Important? Stopping yourself from moving on from a situation and staying in the past. Not caring for yourself; you will be putting blame and fear on yourself, which is likely to stop you from living a positive and fulfilling life. Stopping yourself from learning and improving from your mistakes. I will share some techniques to help you and once you have learned how you can forgive yourself, you can then start working on being the best person you can be. You should also begin to treat yourself with self-care , which in turn will help you to create your best life. Being stuck with guilt will only hold you back, which is why it is good to forgive yourself and try and move on from the situation. Steps To Self Forgiveness 1. Whatever has happened to cause you guilt or sadness is now in the past, and you cannot change anything. Dwelling on the past will not help you in any way and will most likely make things worse for you. Being able to accept and forgive what has happened will help you to move on, be in a better headspace and improve on yourself. Recognize Unrealistic Expectations Being able to stop creating unrealistic expectations or rules will help you to feel happier and find it easier to forgive yourself. If you have set an unrealistic set of rules for yourself, they will most likely get broken which can then lead to failure. Failure can make you feel guilty yet again and you will not be able to learn to forgive yourself. Identify The Hurt You need to acknowledge the stress and hurt that is being caused by your guilt. If you can recognize that it is not what you did or the situation you were in that is causing your guilt, it is the feeling you experience after. These feelings are the factors that stop you from forgiving yourself or at least make it a lot harder for you. If you can recognize this, you will start to see that once you can move on and let go of these feelings you can start forgiving yourself. Embrace Self-Acceptance I have touched on this slightly, but a prominent part of self-forgiveness is self-acceptance. You need to accept what you have done and the actions you took and move on from it. Once you have forgiven yourself you may need to work on actually accepting it, which can be harder. You can get stuck in the past sometimes, and you need to be aware that you cannot change anything from the past, so you must accept it to move on and to move forward with your life. Once you accept the past, and yourself you can face changing and improving your outlook for the better. Put Things Into Perspective Putting things into perspective should really help you with forgiving yourself as it is based around thinking about all of the positive things that you do. If you can sit down and write a list of all of the positive things you have done throughout the day or week, you can then reflect on them and recognize the positive impact you have. This could be something simple like doing more chores so that your partner can relax, or buying a friend a coffee etc. Whatever it may be, write it down and acknowledge all of the positive and good things you have done, not the negatives. You will start to see the good that you bring to yourself and others, and that you can keep doing this in the future. Do Not Be Afraid To Start Anew You can sometimes get stuck in the past, even when you think that you have forgiven yourself, try and learn from your past mistake if you can. Use the mistake as a stepping stone to start again. You can then try and become a better version of yourself, using your mistakes as a guide to creating your new start. Look After Yourself In the end, you need to look after yourself. If you do not try and take care of yourself, you will not be in a positive place and will find it harder to forgive yourself. For some ideas, take a look at our article on self care. Take care of yourself by not taking all of the guilt and blame on yourself, but by treating yourself as you would a friend. Tell yourself that it is OK and that you can use any mistakes you make to improve from.