

Forgiving Myself



Benefits Of Forgiving Yourself And Others

- Helps us to live in the present instead of dwelling on the past
- Increases mental and physical energy
- Fewer health problems
- Helps our immune system
- Less stress, anger, worry, and depression
- More self-confidence and hope

Today I forgive myself for...

I deserve forgiveness because...

Next time I am in a similar situation I will...

SELF-FORGIVENESS AFFIRMATIONS

- I accept that I am human and I make mistakes.
- I forgive myself for the hurt I've caused.
- I forgive myself for not knowing what I know now.
- I will treat myself with kindness and compassion.
- Now, I would do things differently, but I did the best I could at the time.
- I accept myself completely, and forgive myself for my mistakes.
- Dwelling on the past isn't helpful. Instead, I will stay focused on the present and use what I have learned.

Choose one or more of the above Self-Forgiveness Affirmations to say to yourself the next time you are feeling guilty or upset about something you have done.

Write the affirmation(s) below:
