

# Self Forgiveness Worksheet

## 1. Identify the situation:

Think about a specific event or situation where you feel the need to forgive yourself. It could be a mistake you made, a decision you regret, or any action that has caused you guilt or shame.

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## 2. Acknowledge your emotions:

Write down the emotions you experienced and continue to experience related to the situation. Allow yourself to fully feel and express these emotions without judgment.

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### **5. Practice self-compassion:**

Recognize that everyone makes mistakes and that you are not defined solely by this one circumstance. Show understanding and kindness towards yourself, just as you would extend it to a close friend or loved one.

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### **6. Learn and grow:**

Reflect on the lessons you have learned from this experience. Consider how you can grow and improve as a result of it. Focus on personal growth and finding ways to prevent similar situations in the future.

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