

Self-forgiveness in recovery worksheet pdf

For what reason am I blaming myself?

Things that I feel about myself?

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On a scale of 1 to 10 (1= really low to 10= extremely high), how would you rate yourself

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I recognize that I do make mistakes but I will not judge myself for it

<i>Willing</i>	<i>Will think</i>	<i>Not so sure</i>	<i>Unwilling</i>

I own how I feel, and I felt according to what I felt about the situation

<i>Willing</i>	<i>Will think</i>	<i>Not so sure</i>	<i>Unwilling</i>

List the things you really feel guilty about

What are the other ways I can justify my feelings in a positive way?

Reasons why should I forgive myself?

A positive note to myself

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