

Self-forgiveness worksheets for adults pdf

<p>Learn to forget and forgive yourself about the past. You can live in the present only if you learn to forgive yourself for the past.</p>	<p>To forgive yourself you don't need anyone else, just you and yourself only.</p>
<p>You believe that if you forgive yourself you will end up hurting yourself again but you need to learn that if you don't forgive yourself then you are constantly hurting yourself.</p>	<p>Understand that you somehow feel comfortable, not forgiving yourself.</p>
<p>You just need to listen to yourself to forgive yourself.</p>	<p>You need to be open to new feelings. They might seem hard at first but you might feel good in the end.</p>
<p>Remember if we do not forgive ourselves it can give rise to other strong emotions like guilt or shame, to avoid those emotions we need to forgive ourselves.</p>	<p>To be kind to others first learn to be kind to yourself. Practice kindness on yourself first.</p>

Can you think of any ways why you should forgive yourself