



## INNER RESOURCES WORKSHEET - FORGIVENESS

We recommend you take your time, go slowly and be patient with yourself, to get the best results.

1. Feel your body, take a few moments to settle in.
2. Be open to your current experience, whatever it is.
3. Bring curiosity and kindness to yourself.

Can I forgive myself?

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Can I forgive myself a little?

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How does it feel when I realize I do not forgive myself for something?



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Just notice the feelings, not the story.

Can I simply say, "I forgive myself."?

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If I bring compassion and kindness to myself, what do I notice? Did I make a mistake? Or several? Even so, can I allow myself forgiveness? Can I realize I always did the best I could?



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This may be counter-intuitive, but consider “what am I afraid might happen if I do forgive myself?” This might look like, “If I forgive myself, then \_\_\_\_\_” or “I cannot forgive myself because \_\_\_\_\_”.

Take a few moments to use your journal and write down your experience for more discovery and insight.

Just notice the feeling in your body. Refrain from getting into any story.

What does it feel like to forgive myself right now, with no story, no justification, no need to change a thing, but simply say, “I forgive myself.”

Notice what it feels like both to forgive yourself and not to forgive yourself? It really is your choice.

Notice what it feels like to be both the giver and the receiver of your own forgiveness.

As you keep quiet, see what happens, and what feelings arise, as you say quietly within you, “I forgive myself, I am forgiven.”



Try saying the Hawaiian HO'OPONOPONO to yourself several times.  
"I'm sorry, please forgive me, thank you, I love you."

Notice how this feels in your body, in your heart, in your mind, and in your spirit.

Remember that writing down your insights can be very helpful.

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