

An Approach to Self Forgiveness in 6 Steps

A worksheet to help you achieve the happiness and health benefits of self forgiveness

From the work of Psychologist Everett Worthington, world scholar on forgiveness. Find more at: <http://www.evworthington-forgiveness.com/>

Step 1: Receive God's Forgiveness. First, make things right with what you consider sacred. For many, that will be with God. But others might feel they have offended humanity or nature.	
Step 2: Repair Relationships. If you've hurt people, try to pick up the pieces.	
Step 3: Rethink Ruminations. Sometimes regret and remorse dominate us because we are feeling a bit perfectionist. We can rethink those unrealistic assumptions.	

Then, to create more personal peace, follow these three steps.

Step 4: REACH Emotional Self-Forgiveness. Apply to yourself the steps to REACH Forgiveness..	
Step 5: Rebuild Self-Acceptance. Accept yourself as someone flawed but precious. Often talking with someone is the key.	
Step 6: Resolve to Live Virtuously. Make up your mind not to make the same mistakes again.	