## Self-Forgiveness

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# Obstacles to Self-Forgiveness:

* Negative self-judgment
* Self-blaming
* A need to “be good” or seen as good
* Shame (which leads to other problems like perfectionism or self-destructive behaviors)

# Four Avenues to Self-Forgiveness:

|  |  |
| --- | --- |
| Self-Understanding | 1. Recognize the hurts and/or traumas in your life that led to your behavior.  |
| Common Humanity | 2. Recognize your mistakes and how you have hurt others.  |
| Taking Responsibility, Apologizing, and Making Amends | 3. Hold yourself accountable when you hurt others. Feel guilty without dwelling (i.e. rumination). |
| Asking For Forgiveness | 4. Give a sincere apology: admit regret, accept responsibility, and rectify the situation. Amend your mistakes. Focus on what you learned. Cultivate empathy for the victim.  |

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