

TUFR
Self Forgiveness
Kelley

Write down a *happening* for which you think you need(ed) self-forgiveness.
Describe what happened, why it happened, and why you need(ed) self-forgiveness.*
Be sure to consider the following:

- *How long ago the event happened?
- *Have you previously tried to forgive yourself? If so, why do you still need self-forgiveness? That is, why didn't it stick?
- *What is it that is most difficult about forgiving yourself?

*If you don't have anything for which you need to be forgiven, reflect on that. Why is it that you don't need to be forgiven by anyone? Haven't hurt or disappointed anyone? In a lull from hurting people? Don't believe people should "have to" forgive one another? Don't care?

Truth

Untruths we tell ourselves (*Luskin's Unenforceable Rules*)

- I should never make a mistake
- I should never fail
- I should never want to hurt someone

The truth:

I'm not perfect

I have/will make mistakes

I have/will hurt others

(These first three can be the basis of personal repentance/confession)

**First the fall, then recovery from the fall, and both are the mercy of God
– Julien of Norwich*

Others have hurt me

"I am worth it! I am valuable!" (no human being is worth more than another)
Sometimes it helps to make amends with the "hurt other," as a tangible reminder that you are not "all bad"

"What I did doesn't make me a 'bad' person"

Change the Metaphor to developmental/relational—> “This is about who I am becoming” “God wants my heart” I am on a journey—I’m trying to move in right directions but there will be mistakes along the way

“I am perfect in my imperfection”

Understanding

I will examine my own imperfect past
I will exercise self-empathy
I am not excusing my behavior
Forgiving myself will make me a better relationship partner

“I’m doing the best I can given my circumstances”
“I am learning more about myself; I am becoming whole”
“God knows me inside out”—he knows my strengths and weaknesses

Forgiveness/Freedom

Choose to forgive yourself
Express your forgiveness to yourself (journal, prayer, tell a friend)
Remember—shame and ‘paying for your sin’ (blaming) typically distances you from

Others (and your own true self)
Practice positive self-talk (“I am his beloved” “I am worth it”)
Quit punishing yourself

“I will quit punishing myself”
“I choose to like/love myself”
“I will accept God’s mercy”

Reconciliation

Redeem yourself—make positive new choices
Reach out to those you’ve hurt (if you’re forgiving yourself for hurting another person or if your lack of self-forgiveness has limited you with others)
Be hopeful for the future
Live in the *now*
Welcome yourself home!

“I will move ahead”

“I am a new creation”

“I choose to welcome myself back home”