

3D

REACH self-forgiveness steps

Recall a disappointed experience when you failed at something. What happened?
What did you feel & think?

Empathise – defend your action (without thinking it was the right thing to do)

Altruism, make the unselfish gift of forgiving yourself knowing that you can learn from the experience and do better in the future

Commit to forgiving by writing a letter to yourself as if to a friend, explaining what you did but that you forgive and that you have learned and will do better in the future. If you need to apologise to somebody or make good for what you destroyed or messed up, do so- but often it can be ourselves who feel humiliated rather than somebody else suffering for what we did. We keep dwelling on this past experience rather than moving on accepting that it is ok not to be perfect.

Hold on to self-forgiveness whenever this humiliating situation comes into your mind by reminding yourself that you have forgiven and learned.

If it suits - talk to the person beside you about self-forgiveness and whether you would find the REACH self-forgiveness steps useful for yourself or others.