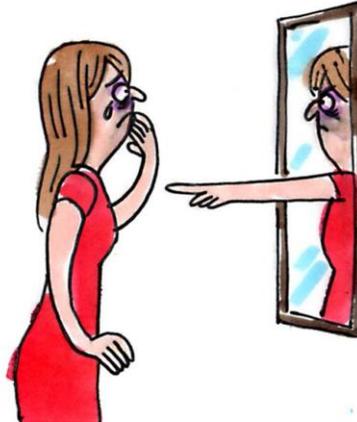


Self-Forgiveness



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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