

# *A Necessary Life Curriculum*

A STEP INTO THE GRANDEUR-OF-YOU

## *Self Forgiveness*

A NECESSARY PART OF THE EXCAVATION PROCESS IS SELF-FORGIVENESS;

BE GENTLE AND KIND TO YOURSELF...NO MATTER WHAT COMES UP.

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AN EXCERPT FROM 44 HOURS & 21 MINUTES; A WOMAN'S TRUTH AND POWER:

*As I learned to stop judging myself, I also learned to forgive myself.*

*I had to forgive myself for getting into a relationship with Gordon.*

*I had to forgive myself for not listening to my Inner Guidance  
from the first date and through the relationship.*

*I had to forgive myself for not making Self-Honoring Choices.*

*I had lots to forgive.*



# Self-Forgiveness

BEGIN EACH STATEMENT WITH "I FORGIVE MYSELF FOR"  
AND OBSERVE WHAT COMES UP IN THIS PROCESS

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

6) \_\_\_\_\_

7) \_\_\_\_\_

8) \_\_\_\_\_

9) \_\_\_\_\_

10) \_\_\_\_\_

11) \_\_\_\_\_



# Self-Forgiveness

BEGIN EACH STATEMENT WITH "I FORGIVE MYSELF FOR"  
AND OBSERVE WHAT COMES UP IN THIS PROCESS

- 1) I forgive myself for staying in bed this morning instead of going on my scheduled walk.
- 2) I forgive myself for rushing myself out the door this morning and not making time to eat.
- 3) I forgive myself for judging myself as 'bad' for getting eating junk food when I was stressed.
- 4) I forgive myself for lying to my partner about money that I agreed not to spend.
- 5) I forgive myself for judging myself for losing patience with my mother when she interrupted me.
- 6) I forgive myself for not telling the truth when asked if I wouldn't mind working during the holiday.
- 7) I forgive myself for judging myself as not worthy when my brother forgets to call me back.
- 8) I forgive myself for judging myself as weak for not being able to stick to my diet.
- 9) I forgive myself for allowing others to make my decisions for me.
- 10) I forgive myself for judging myself as unattractive because my body does not look the way I prefer.
- 11) I forgive myself for judging myself as a bad mother when I was overwhelmed and shouted at my kids.

