

Forgiveness & Self-Acceptance



F - The fourth letter of S.E.L.F. L.O.V.E.

S.E.L.F. L.O.V.E. Transformational Project

About This Session

The "F" in S.E.L.F. L.O.V.E. Forgiveness is one of the most powerful acts of self-love available to us. This session guides you through forgiving yourself, forgiving others, and releasing the weight of what you have been holding.

F - Forgiveness and Self-Acceptance

Forgiveness is not condoning what happened. It is choosing to put down the weight of it so that you can move forward. You forgive for yourself, not for them.

What I Need to Forgive Myself For

List the things you have been holding against yourself: past choices, mistakes, moments of weakness or unkindness. This is a private, safe space.

My Self-Forgiveness Ritual

Complete this statement for your most significant item above: "I forgive myself for [action/choice], because I was doing the best I could with what I knew then. I choose now to..."

A Letter of Forgiveness (For Your Release Only)

Write a letter to someone you need to forgive. You will NOT be sending this. This is for your freedom. Begin: "I am writing this letter to release what I have been carrying..."

Ho'oponopono Practice

Bring someone or something to mind that needs forgiveness. Repeat internally: "I'm sorry. Please forgive me. Thank you. I love you." Reflect below: what shifted?

My Forgiveness Affirmations

Write 3 personal affirmations to anchor your forgiveness practice.

Reflection Questions

1. What has holding onto this unforgiveness been costing you in your body, relationships, and energy?

2. What is the difference between forgiving someone and condoning their behaviour?

3. Which is harder: forgiving others or forgiving yourself? What does that tell you?

4. What version of yourself becomes possible when you are no longer carrying this weight?

My Notes
