

The Quickie Self-forgiveness process:

1. Describe what you did/said/ or failed to do or say.
2. Articulate the judgment you're making about that.
3. Identify the needs you were trying to meet in #1.
4. Give yourself empathy for needs not met.
5. Notice the feelings you may be experiencing.
6. Make a request of yourself now.

The Thorough Self-Forgiveness Experience

Allow yourself some uninterrupted time in a comfortable place so you can dedicate yourself to meaningful self-connection. Have paper and pen ready for note-taking.

Use your breath to bring yourself into your body, your 5 senses to bring you into the present moment.

Bring up the incident that's been troubling you. Describe what you said or did in neutral terms, as an observation. Write it down in a few, brief sentences.

What needs/values were you trying to satisfy by doing or saying what you describe above?

Write these down.

Did you meet these needs with the action or words you now regret?

Did you meet other needs?

What needs did you not meet?

Write these down.

Reflect on these needs not met and notice what feelings come up for you. Write these down.

Identifying these feelings and needs, give yourself empathy for the needs you were trying to satisfy. Write this down.

Say words that mean forgiveness to you like “forgiven,” or “it’s ok,” or “I love you anyway,” and hug yourself or stroke your cheek or other gesture that expresses self-kindness.

If your judgments persist, ask yourself what needs are satisfied by keeping these judgments.

When you realize what these needs are, what feelings come up? Give yourself empathy.

Is there a request you want to make of yourself?

You may have discovered a new issue or a pattern of greater depth than you first anticipated. Decide whether you want to continue with the process or lay it to rest for now.

You may want a trusted person to accompany you in further exploration.

I have synthesized material from many sources including from Miki and Inbal Kashtan, Tara Brach, Raj Gill, Lucy Leu, Judi Morin, Jim and Jori Manske and my own experience and wisdom.