

The Radical SELF Forgiveness/Acceptance Worksheet

A Worksheet for Healing Guilt and Shame

Date: _____

1. TELLING THE STORY

1. What I am blaming myself for and what I hear my judging self saying to me about it is....

2a. The way I feel about myself with regard to this situation, or in general, is...(List your feelings here.)

2b. SELF ESTEEM

On a scale of 1 - 10 (1 being extremely low and 10 being very high), my self-esteem is: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10,

2. FEELING THE FEELINGS

3. I lovingly recognize and accept my feelings, and judge them no more:

(Check one: Be truthful — whichever one is OK)

Willing:	Open:	Skeptical:	Unwilling:
☐	☐	☐	☐

4a. I own my feelings. No one can make me feel anything. My feelings are a reflection of how I see the situation:

Willing:	Open:	Skeptical:	Unwilling:
☐	☐	☐	☐

4b. Regarding this situation, I am feeling part GUILT (remorse over what I have done) and part SHAME (remorse over who I am or have become). (Indicate the percentage of each.)

GUILT _____ % SHAME _____ %

5. My guilt over it is **appropriate/inappropriate**. (Circle One and Explain.)

6. As I really examine how I feel about myself, I realize that underlying my feeling of shame, there is a belief or a set of beliefs that I hold about myself that are **not true**. My self-judgments have been based in what others, particularly my parents, saw in me and taught me about myself. **For example:**

3. COLLAPSING THE STORY

7. I now realize that what I judge in others represents what I hate about myself and have repressed and projected onto them.

Willing:	Open:	Skeptical:	Unwilling:
☐	☐	☐	☐

8. People I dislike are therefore reflecting what I need to love and accept in myself.

Willing:	Open:	Skeptical:	Unwilling:
☐	☐	☐	☐

9. In forgiving myself, I heal myself and totally recreate my perception of who I am.

Willing:	Open:	Skeptical:	Unwilling:
☐	☐	☐	☐

10. I now realize that nothing I, or anyone else, has done is either right or wrong. I drop all judgment.

Willing:	Open:	Skeptical:	Unwilling:
☐	☐	☐	☐

11. I release the need to blame myself and to be right and I am **WILLING** to see the perfection in what is just the way it is.

Willing:	Open:	Skeptical:	Unwilling:
☐	☐	☐	☐

12. I am willing to see that my mission or 'soul contract' included having experiences like this - for whatever reason

Willing:	Open:	Skeptical:	Unwilling:
☐	☐	☐	☐

13. Even though I don't know why or how, I now see that my soul has created this situation in order that I learn and grow.

Willing:	Open:	Skeptical:	Unwilling:
☐	☐	☐	☐

SELF ACCEPTANCE

SPACE FOR ADDITIONAL COMMENTS

14. Even though I may not know what, why or how, I now realize that I, myself, and the others involved have been receiving exactly what we each had subconsciously chosen and were doing a healing dance with and for each other.

Willing:	Open:	Skeptical:	Unwilling:

15. I bless you _____ for being willing to play a part in my healing and honor myself for being willing to play a part in your healing

Willing:	Open:	Skeptical:	Unwilling:

16. I release from my consciousness all feelings of: (As in Box # 2.)

The people I am forgiving are:

17. I completely forgive those who implanted the ideas in me that I am.... (As in Box 5.)

18. I now realize that what I was experiencing (*my story about me victimizing myself*) was a precise reflection of my ignorance of the truth. I now understand that if I were able to see the spiritual big picture, I would really see how it all fits and that everything is indeed perfect. At the same time, I am willing to take responsibility for my actions in this world of humanity. I also understand that the more I act with integrity in this world, and with love in my heart, the more likely it is that I will be in alignment with the World of Divine Truth. I can change my old self-destructive 'reality' by simply being willing to see myself in the light of truth. For example, I now see myself as..

19. I completely forgive myself, _____ and accept myself as a loving, generous and creative being. I release all need to hold onto any and all ideas of lack and limitation I created in the past. I withdraw my energy from the past and release all barriers against the love and abundance that I know I have in this moment. I create my life and I am empowered to be myself again, to unconditionally love and support myself, just the way I am, in all my power and magnificence.

20. I now SURRENDER to the Higher Power I think of as _____ and trust in the knowledge that this situation will continue to unfold perfectly and in accordance with Divine guidance and spiritual law. I acknowledge my Oneness and feel myself totally reconnected with my Source. I am restored to my true nature, which is LOVE, and I now restore love to (X). I close my eyes in order to feel the LOVE that flows in my life and to feel the joy that comes when the love is felt and expressed.

21. A Note To Anyone That I Hurt or Negatively Affected in Some Way: _____ Having done this worksheet, I now realize that there was a Divine order to what happened. However, from the perspective of being in this physical world of pain and suffering, I still wish to apologize, to make amends and ask for your forgiveness. My apology is as follows:

22. A Note To Myself:

I completely forgive you _____ for I now realize that you did nothing wrong and that everything is in Divine order. I acknowledge, accept and love you unconditionally just the way you are. I recognize that I am a spiritual being having a human experience, and I love and support myself in every aspect of my humanness.

On a scale of 1-10, having done this worksheet, my self-esteem now is **1, 2, 3, 4, 5, 6, 7, 8, 9, 10.** (Circle One.)